

## Week 2 Pre-Lab

### BIOE 320 Systems Physiology Laboratory

1. Define the term tonus as it relates to muscle activity. How is tonus maintained? Would you expect a difference in tonus between your two arms? Why or why not?
2. Compare and contrast isotonic and isometric muscle contractions.
3. In this week's lab, you will measure clench strength four different times in each arm. What is the difference between the four different clenches?