|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Chapter 7

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| G | N | I | N | I | A | R | T | E | C | N | A | T | S | I | S | E | R | L | A | U | N | A | M |
| N | G | K | H | U | F | G | Z | B | H | L | N | Y | T | I | C | I | F | I | C | E | P | S | G |
| G | F | Z | G | N | I | N | O | I | T | I | D | N | O | C | N | O | S | A | E | S | E | R | P |
| N | L | D | B | X | N | I | H | D | T | B | B | Y | H | P | O | R | T | R | E | P | Y | H | A |
| I | E | A | B | U | S | H | N | O | I | T | A | T | P | A | D | A | Z | Y | Q | V | Z | S | J |
| H | X | S | W | S | B | C | B | P | E | J | Y | T | I | L | I | B | I | S | R | E | V | E | R |
| C | I | K | D | S | G | T | O | Z | G | N | I | N | I | A | R | T | T | I | U | C | R | I | C |
| T | B | R | R | R | N | E | S | I | C | R | E | X | E | C | I | T | E | N | I | K | O | S | I |
| E | I | E | S | I | C | R | E | X | E | C | I | R | T | E | M | O | S | I | W | G | I | E | S |
| R | L | P | W | X | C | T | N | K | W | X | Q | Y | H | P | O | R | T | A | W | N | P | L | Z |
| T | I | R | Z | U | U | S | D | E | V | J | G | K | L | Z | W | Z | Y | K | K | J | O | Y | F |
| S | T | E | J | D | C | O | N | D | I | T | I | O | N | I | N | G | B | V | Q | W | X | G | W |
| C | Y | H | K | P | I | F | M | J | F | W | B | F | S | I | L | A | L | L | T | S | P | M | Y |
| I | K | A | C | F | T | G | V | O | H | C | S | D | J | K | F | R | W | W | B | A | H | S | S |
| T | F | B | Z | F | C | T | I | N | U | R | O | T | O | M | E | V | I | S | T | Q | Q | E | H |
| A | N | I | F | R | J | W | M | A | Y | B | X | J | B | B | J | T | Z | X | C | J | V | F | A |
| T | P | L | U | G | P | T | M | D | S | E | E | G | I | A | C | W | D | G | A | P | H | P | F |
| S | M | I | D | R | W | F | R | Y | G | S | J | F | U | H | Q | A | G | S | F | V | N | F | P |
| V | Y | T | L | X | B | A | L | L | I | S | T | I | C | S | T | R | E | T | C | H | I | N | G |
| D | A | A | G | Y | R | O | T | A | R | I | P | S | E | R | O | I | D | R | A | C | F | W | X |
| R | I | T | X | E | L | R | E | B | I | F | H | C | T | I | W | T | T | S | A | F | N | D | W |
| Y | P | I | O | D | X | K | R | E | H | A | B | I | L | I | T | A | T | I | O | N | U | C | E |
| A | E | O | M | H | J | T | E | S | I | C | R | E | X | E | C | I | M | A | N | Y | D | Y | Z |
| B | V | N | C | O | V | E | R | L | O | A | D | W | A | S | X | D | L | O | S | X | K | V | N |

   Stretching       Static stretching       Specificity       Fiber       Slow-twitch       Reversibility       Rehabilitation       PNF       Preseason conditioning       Prehabilitation       Overload       Motor unit       Manual resistance training       Isometric exercise       isokinetic exercise       Hypertrophy       Flexibility       Fast-twitch fiber       Dynamic exercise       Circuit training       Conditioning       Cardiorespiratory       Ballistic stretching       Atrophy       Adaptation