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

Chapter 7

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

   stretching       static stretching       specificity       slow-twitch fiber       reversibility       rehabilitation       preseason conditioning       prehabilitation       overload       motor unit       manual resistance training       isotonic exercise       isometric exercise       isokinetic exercise       hypertrophy       flexibility       fast-twitch fiber       dynamic exercise       circuit training       ballistic stretching       atrophy       adaptation