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

Energy Systems

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

   Duration       Interplay       Anaerobic       Fats       Carbohydrate       Jogging       Sprinting       Intensity       Oxygen       ADP       Aerobic       Latic       ATP