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| P | H | X | Z | N | O | I | T | A | T | I | L | I | B | A | H | E | R | P | K | A | L | H | B |
| A | M | D | O | S | D | O | F | K | G | N | I | N | I | A | R | T | T | I | U | C | R | I | C |
| N | O | I | T | A | T | P | A | D | A | P | N | F | P | M | J | N | G | G | T | L | R | M | T |
| L | X | B | C | A | R | D | I | O | R | E | S | P | I | R | A | T | O | R | Y | N | J | X | D |
| F | C | F | A | S | T | T | W | I | T | C | H | F | I | B | E | R | F | N | N | M | R | V | U |
| I | R | L | W | I | S | O | M | E | T | R | I | C | E | X | C | E | R | C | I | S | E | C | L |
| P | R | O | G | R | E | S | S | I | V | E | R | E | S | I | S | T | A | N | C | E | E | X | C |
| U | Z | E | M | O | T | O | R | U | N | I | T | T | J | O | N | C | X | Z | G | K | D | I | H |
| Y | G | N | I | H | C | T | E | R | T | S | C | I | T | A | T | S | W | I | N | E | N | Z | Y |
| W | P | Q | U | R | F | L | E | X | I | B | I | L | I | T | Y | Y | L | S | I | R | F | U | P |
| G | L | W | L | J | N | E | W | B | Q | H | U | Q | L | Y | Y | E | L | V | N | Z | P | U | E |
| S | X | J | Y | T | I | L | I | B | I | S | R | E | V | E | R | U | N | P | I | E | P | D | R |
| E | S | I | C | R | E | C | X | E | S | C | I | M | A | N | Y | D | J | U | A | U | B | Y | T |
| G | N | I | H | C | T | E | R | T | S | C | I | T | S | I | L | L | A | B | R | Y | J | H | R |
| X | W | I | H | A | H | U | S | T | R | E | T | C | H | I | N | G | A | R | T | X | O | P | O |
| V | G | Y | V | T | K | U | E | A | I | O | S | J | B | W | O | B | E | I | Z | P | X | O | P |
| I | R | E | B | I | F | O | B | M | K | F | Z | S | Z | Q | U | U | N | S | O | A | I | R | H |
| U | V | A | O | N | O | X | Z | J | M | C | Y | U | D | A | O | L | R | E | V | O | X | T | Y |
| V | P | R | E | S | E | A | S | O | N | C | O | N | D | I | T | I | O | N | I | N | G | A | N |
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   Adaptation       Atrophy       Ballistic stretching       Cardio respiratory       Circuit training       Conditioning       Dynamics excercise       Fast-twitch fiber       Fiber       Flexibility       Hypertrophy       Isokinetic excercise       Isometric excercise       Manual resistance       Motor unit       Overload       PNF       Prehabilitation       Preseason conditioning       Progressive resistance exc.       Rehabilitation       Reversibility       Slow-twitch       Specificity       Static stretching       Stretching       Training