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| P | **C** | **O** | **N** | **D** | **I** | **T** | **I** | **O** | **N** | **I** | **N** | **G** | N | M | H | B | M | L | G | U | R | M | B |
| 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 |
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| 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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| I | Q | Q | N | **I** | **S** | **O** | **K** | **I** | **N** | **E** | **T** | **I** | **C** | **E** | **X** | **C** | **E** | **R** | **C** | **I** | **S** | **E** | T |
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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