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

muscular fitness

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

   set       resistance       isokinetic exercises       isotonic exercises       isometric exercises       eccntric movement       concentric movement       fast-twitch fibers       intremediate-twitch fibers       slow-twitch fibers       atrophy