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

muscular fitness

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **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