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

sports med

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

   stretching       static stretching       specificity       slow twitch fiber       reversibility       regabilitation       PNF       preseason conditioning       prehabilitation       overload       motor unit       manual resistance training       isometric exercize       isokinetic exercise       hypertrophy       flexibility       fast twitch fiber       dynamic excersize       circuit training       conditioning       cardiorespiratory       ballistic stretching       atrophy       adaptation