

Name: _____

Date: _____

Chapter 7

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

manual resistance training
isokinetic exercise
slow-twitch fiber
dynamic exercise
rehabilitation
hypertrophy
motor unit
atrophy

preseason conditioning
isometric exercise
isotonic exercise
circuit training
reversibility
flexibility
adaptation

ballistic stretching
static stretching
fast-twitch fiber
prehabilitation
specificity
stretching
overload