

Name: _____

Date: _____

Methods of Training

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

Ballistic Stretching

Flexibility Training

Continuous Training

Dynamic Stretching

Static Stretching

Interval Training

Fartlek Training

Circuit Training

Weight Training

PNF Stretching