

Name: _____

Date: _____

Muscle fatigue and contractility

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

glycogen depletion

slow twitch fibers

adipose tissue

hitting the wall

intramuscular

carbohydrates

maximal force

glucose

Fatigue

myosin

liver

fat

ATP