

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Principles and types of training

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

Static stretching  
Progression  
Continuous  
Frequency  
Circuit  
HIIT

Reversibility  
Specificity  
Isometric  
Interval  
Weight  
Type

Steady state  
Plyometric  
Intensity  
Fartlek  
Tedium  
Time