

Name: _____

Principles of Training

0 U 0 5 C 7 0 9 U 0 9 T I Y D 6 B T P 6 U V S
E G 0 B N L C 6 0 2 3 U 8 E U 2 T O D M 3 A N E
Y 4 R S T T O L T Q E 7 9 Y E B 5 I C B V C
L P Y S C T L T B S P 6 A A L D Y L Q 7 V 9 N
A U C S 0 R 4 6 E P 4 Q 1 B V 5 T R B A E G E
8 Y N 2 M 5 A R 8 E 0 3 9 P 4 N I C 4 U 2 1 U R
M T R R 3 L 9 1 C 5 Q I T 0 S I P U N F U E
N I F D 6 4 P Y 2 I C 0 L G P N N 6 5 U 8 V B F
0 L N O D I 8 E R F E 3 D L C E S T A E 7 F F
1 I I E 2 E P E 0 I O 6 G 7 L 0 T S B U G 2 6 I
M B U A C Y I N C 1 G L Q 3 V N L R 1 O V 6 D
T I Q 3 T D B P S I 8 M M Q Y I 0 R 9 4 O L
7 S 7 3 V I R T 7 D 4 8 2 L Q Q G F 8 4 A
6 R 9 G F T B 1 1 Y 7 O 0 Y E C 7 V Y R V D U
Q E L C T M G B U I 0 V R Q 6 1 E E 8 C R D D
4 V 8 C I 3 3 F 1 B 0 2 M 7 L 0 E Q 7 4 V C 4 I
2 E B T Q V 9 S Y 8 Q 9 P A G 3 U 5 N 2 5 I 4 V
A R D Y 7 Y N U L O 3 4 M 8 T E O 4 R 2 M D 1 I
G 2 S S 2 Y Q 6 7 7 S R N E F 5 F 8 6 U P D
U 0 S 0 V O Y R N 8 D Q 9 C M 3 3 E R S C 4 V N
2 1 Q I 2 U R B M 4 Y 8 Q 0 D 8 O E M 2 B I
1 S G 9 0 U M T 8 N C S M B I 8 L 8 T I M E
G Y R E V O C E R 5 I Y 9 7 T C M M 6 Y I 1
S U 3 3 P R O G R E S S I V E O V E R L O A D

1. Individual differences
2. Specificity
3. Progressive overload
4. Rest
5. Recovery
6. Frequency
7. Intensity
8. Time
9. Type
10. Reversibility