

Name: _____

Date: _____

strength and conditioning search

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

Muscular endurance
Prehabilitation
Specificity
isokinetic
isometric
passive

Muscular strength
muscle strength
Flexibility
concentric
Mobility
atrophy

Circuit Training
Muscular Power
Hypertrophy
Stability
isotonic
static

muscle endurance
Reversibility
Stretching
eccentric
dynamic