

SITS	5 Bones of the foot	4 Bones of the Arm/Shoulder	Endurance vs. Strength	Parts to a Muscle Fiber
Inversion	Concentric Contraction	Quadricep Muscles	Isotonic Exercise	Dorsiflexion
Longest Muscle in Body	Plyometric Exercise	FREE	5 S/S of concussions	Isometric Exercise
Goal of Therapeutic Exercise	Hamstring Muscles	Phases of Movement	Internal ROTators	Largest Bone in Body
Plantarflexion	Forearm Flexors	External Rotators	Isokinetic Exercise	Eversion

5 S/S of concussions	8 Carpal Bones	Isometric Exercise	Inversion	Internal ROTators
5 Classes Of Nutrients	Plyometric Exercise	Parts to a Muscle Fiber	Goal of Therapeutic Exercise	Hamstring Muscles
Quadricep Muscles	5 Bones of the foot	FREE	SITS	Isokinetic Exercise
Hip Extension	Dorsiflexion	Eversion	Largest Bone in Body	Shoulder Flexion
Longest Muscle in Body	Isotonic Exercise	Plantarflexion	Concentric Contraction	4 Bones of the Arm/Shoulder

Internal ROtators	Concentric Contraction	Isometric Exercise	SAID Principal	5 S/S of concussions
Types of Stretching	Shoulder Flexion	Dorsiflexion	5 Classes Of Nutrients	Parts to a Muscle Fiber
Isotonic Exercise	Endurance vs. Strength	FREE	5 Bones of the foot	SITS
Inversion	Longest Muscle in Body	Hamstring Muscles	Goal of Therapeutic Exercise	External Rotators
Largest Bone in Body	Plantarflexion	Hip Extension	4 Bones of the Arm/Shoulder	8 Carpal Bones