

NOMENCLATURE OF FIBER TYPES

1. Anatomical appearance, including red vs. white, high vs. low granularity, dark vs. light
2. Physiological behavior, including slow vs. fast, high vs. low resistance to fatigue
3. Biochemical properties, including high vs. low respiratory capacity, high vs. low enzyme constituents
4. Histochemical features, including high vs. low enzyme content or the enzyme “profile” of the fiber.