

SCAFFOLD

Fibre characteristics

Complete the following table of fibre characteristics by inserting the words 'high' or 'low'.

Characteristic	Slow-twitch	Fast-twitch
Oxidative enzymes		
Myoglobin content		
Force produced		
Susceptibility to fatigue		
Mitochondria density		
Glycogen stores and glycolytic enzymes		
Phosphocreatine stores		
Motor neuron size		
Triglyceride stores		