**Physical Conditioning Final Exam Review**

Know the following muscles and primary exercise that works out the muscle

* Deltoid
* Pectoralis Major
* Latissimus Dorsi
* Triceps
* Bicep
* Quadriceps
* Hamstring
* Abdominals
* Obliques
* Gastrocnemius
* Adductor Group

Identify the following Core lifts and know which muscles they work and the proper technique

* Bench
* Squat
* Power Clean

Know the function and purpose of the following speed and agility components

* Speed ladder
* High hurdles
* Tires
* Dot mats
* Plyo boxes
* Over speed bungees
* Resistance Harnesses
* Jump Boxes

Know the definition of the following

* Strength
* Speed
* Agility
* Power
* Flexibility
* Acceleration

Identify the following FITT Principles

* Frequency
* Intensity
* Time
* Type
* Overload
* Specificity