

Table 2-7**Differences between Fiber Types**

Parameter	SO	FOG	FG
T/SR system quantity	Little	Much	Much
Z-disk width	Wide	Intermediate	Narrow
M-bridge pattern	5 even bridges	3 dark, 2 faint	3 dark
Contractile speed	Slow	Fast	Fast
Mitochondrial density	High	Moderate	Low
Lipid droplets	Many	Few	None
Glycogen granules	Few	Many	Many
Endurance	High	Moderate	Low