

Table 2-3

All Eight “Potential” Fiber Types Based on Histochemical Assay

Potential Fiber Type Designation	ATPase Activity (F or S)	SDH Activity (O)	α -GP Activity (G)
F	High	Low	Low
FO	High	High	Low
FG	High	Low	High
FOG	High	High	High
S	Low	Low	Low
SO	Low	High	Low
SG	Low	Low	High
SOG	Low	High	High

Abbreviations: F, fast; O, oxidative; S, slow.