

Table 2-4**Actual Three Fiber Types Obtained by Histochemical Assay**

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

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