

**Table 2-6**

## Human Fiber Types Definition Using the ATPase Assay

Preincubation pH	Type 1	Type 2A	Type 2B
9.4	Light	Dark	Dark
4.6	Dark	Light	Medium
4.3	Dark	Light	Medium

Source: Brooke, M. H., & Kaiser, K. K. (1970). Muscle fiber types: How many and what kind? *Archives of Neurology*, 23, 369–379.