

# Types of Exercise

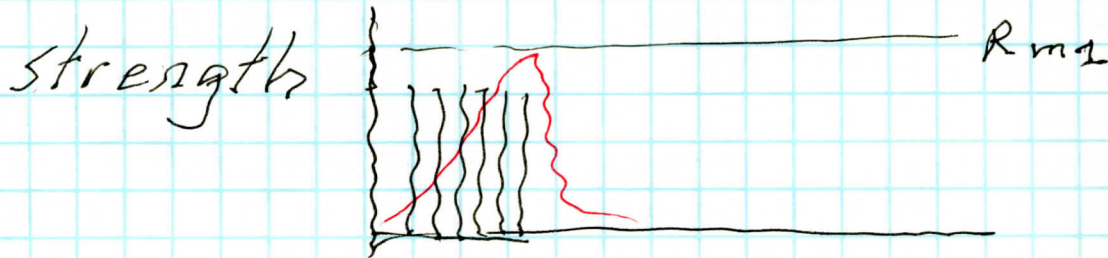
Resistance → Force + + + Motion + + Strength



Aerobic → Force + Motion + + + Endurance

Isometric Force + + + 0

Fibres



Endurance

