

Table 1. Skeletal muscle fiber type differences

	Type 1	Type 2A	Type 2X
Motor unit type	Slow oxidative	Fast oxidative/glycolytic	Fast glycolytic
Contraction time	Slow	Fast	Fast
Resistance to fatigue	High	Intermediate	Low
Mitochondrial density	High	High	Low
Capillary density	High	Intermediate	Low
Oxidative capacity	High	Intermediate	Low
Glycolytic capacity	Low	High	High
Myoglobin	High	High	Low
Myosin heavy chain gene	<i>MYH7</i>	<i>MYH2</i>	<i>MYH1</i>