

	Type I	Type IIa	Type IIb
Contraction Time	Slow	Moderately quick	Quick
Resistance to Fatigue	High	Moderate	Low
Power Generated	Low	Medium	High
Mitochondrial Density	High	High	Low
Storage Type	Triglycerides	Creatine Phosphate, glycogen	Creatine Phosphate, glycogen
Activity used for	Aerobic (burn oxygen to produce energy)	Long-term anaerobic (do not burn oxygen to create energy)	Short-term anaerobic (do not burn oxygen to create energy)
Best for:	Marathons	Sprinting races	Sprinting races
Appearance:	Red due to the high presence of blood-carrying myoglobin	White (light) fibers due to the low density of blood-carrying myoglobin	White (light) fibers due to the low density of blood-carrying myoglobin
Useful for:	Increasing stamina	Improve strength and muscle mass	Improve strength and muscle mass
Blood pressure	Low	High	High
Density	Higher density in tonic muscle as they need to maintain posture	Higher density in phasic muscle responsible for generating movement	Higher density in phasic muscle responsible for generating movement