

Strength Terminology

Aerobics

A low-intensity, sustained activity that relies on oxygen for energy. Aerobic activity builds endurance, burns fat and conditions the cardiovascular system. To attain an aerobic effect you must increase your heart rate to 60-80 percent of your **maximum heart rate**, and maintain that for at least 20 minutes. Examples of aerobic exercise include running, brisk walking, bicycling, swimming and aerobic dance.

Anaerobic

High-intensity exercise that burns glycogen for energy, instead of oxygen. Anaerobic exercise creates a temporary oxygen debt by consuming more oxygen than the body can supply. An example of anaerobic exercise includes weight lifting.

Bar

The metal rod that forms the handle of a **barbell** or **dumbbell**.

Barbell

A basic piece of equipment used in **strength training**. A barbell consists of a **bar**, **sleeve**, **collars** and **weights or plates**. Barbells can be of a fixed weight or a variable weight.

BMR

Basal metabolic rate. The number of calories consumed by the body while at rest. It is measured by the rate at which heat is given off, and is expressed in calories per hour per square meter of skin surface.

Burn

The sensation in a muscle when it has been worked intensely. It is caused by **fatigue** by-products and microscopic muscle tears.

Circuit Weight Training

A routine which combines light to moderate-intensity weight training with aerobic training. A circuit routine typically consists of 10-15 stations set up at close intervals. The object is to move from station to station with little rest between exercises, until the entire circuit has been completed.

Collar

The clamp that holds the **weight plates** in position on a **bar**. There are inner collars and outer collars.

Contraction

The shortening and lengthening of a muscle that occurs while performing an **exercise**.

Cut Up

A body that carries very little fat and is highly muscled.

Definition

A term that describes a muscle that is highly developed, the shape of which is clearly visible. A **cut up** muscle.

Dumbbell

A one-handed **barbell**. Dumbbells are shorter and generally of a lighter weight than barbells.

Exercise

In **weight training**, the individual movements performed during a **routine**. In general, the movements required to complete a **workout**.

Failure

Being unable to complete a movement because of **fatigue**.

Fatigue

Physical weariness resulting from exertion.

Flexibility

The ability of a bone joint or muscle to stretch. Good flexibility refers to an advanced degree of limberness in the joints and muscles. Flexibility can be improved with regular **stretching** exercises.

Hypertrophy

The increase in size of a muscle as a result of high-intensity **weight training**.

Intensity

The amount of force -- or energy -- you expend during a **workout**.

Isolation

In **weight training**, confining an exercise to one muscle or one part of a muscle.

Maximum Heart Rate

The fastest rate at which your heart should beat during **exercise**. To find your maximum rate, subtract your age from 220.

Overload

The amount of **resistance** against which a muscle is required to work that exceeds the weight which it normally handles.

Plates

The metal or vinyl-covered discs that add weight to a **barbell**.

Progression

To systematically increase the stress a muscle endures during an **exercise**. Progression is achieved in one of three ways: by increasing the **weight** in an exercise, by increasing the number of **repetitions** performed in one **set**, by increasing the number of sets, or by decreasing the **rest interval** between sets.

Pumped

The swelling that temporarily occurs in a muscle immediately after it has been exercised.

Repetition, or Rep

One repetition of an **exercise**. Each individual movement of an exercise.

Resistance

The actual **weight** against which a muscle is working.

Rest Interval

A pause between **sets** that allows the body to recover and prepare for the next set of exercises.

Ripped

A term that means a body has clearly visible muscles and very little fat.

Routine

A defined schedule of **exercises**, either **aerobic** or **weight training**.

Set

A cluster of **repetitions**, performed without rest, in a weight training **routine**.

Sleeve

Part of a **barbell**. A hollow tube that slides over the **bar** and is often scored to provide a better grip.

Spotter

Someone who stands nearby to assist you when performing an **exercise**.

Sticking Point

The point in time when a muscle will resist **hypertrophy**, no matter how hard you work it. Sticking points are normal. Hypertrophy usually resumes after a short period of dormancy, or if you change your **routine**.

Strength Training

Exercise specifically designed to work the muscles and make them larger and stronger. See **weight training**.

Stretching

Exercise which increases the ease and degree to which a muscle or joint can turn, bend or reach.

Target Heart Rate

In aerobics, the speed at which you want to maintain your heartbeat during exercise. Find your target heart rate by multiplying your **maximum heart rate** by .6 (for 60%), by .7 (for 70%) and by .8 (for 80%). Your heart rate should stay between 60 and 80% of your maximum heart rate for at least 20 minutes.

Training to Failure

Continuing a **set** until your muscles cannot complete another **repetition** of an **exercise**.

Weight

The amount of **resistance** against which a muscle is asked to work. The number of pounds used during an exercise.

Weight Training

A form of exercise in which muscles are repeatedly **contracted** against a **weight** to reach **fatigue**. Weight training reshapes the body and builds muscle.

Workout

A planned series of **exercises**.