INTERMEDIATE WEIGHT TRAINING TERMINOLOGY

1. ATROPHY – DECREASE IN THE MUSCLE SIZE DUE TO A LACK OF EXERCISE.
2. B.M.R. – THE BASAL METABOLIC RATE OR SPEED AT WICH YOUR BODY BURNS CALORIES TO MEET ITS SURVIVAL NEEDS.
3. CIRCUIT TRAINING – A PROGRAM OF ABOUT 10 – 15 EXERCISES SET UP IN THE WEIGHT ROOM, THEN MOVES WITH LITTLE REST FROM EXERCESE TO EXERCESE UNTILL THE ENTIRE CIRCUIT IS COMPLETED.
4. CLEAN – AN EXERCISE WHERE THE WEIGHT IS TAKEN FROM THE FLOOR TO YOUR SHOULDERS IN ONE MOVEMENT.
5. CLEAN AND JERK - GREAT TOTAL BODY EXERCISE. THE WEIGHT IS TAKEN FROM THE FLOOR TO YOUR SHOULDER IN THE FIRST MOVEMENT. THE SECOND HALF OF THE EXERCISE (JERK) IS TAKING THE WEIGHT FROM YOUR SHOULDER TO OVERHEAD WITH YOUR ARMS STRAIGHT. MAKE SURE YOU HAVE AT LEAST TWO SPOTTERS.
6. FLEXIBILITY – THE ABILITY FOR A MUSCLE TO MOVE IN A COMPLETE RANGE OF MOTION. STRETCHING WILL INCREASE YOUR FLEXIBILITY, AND SHOULD BE DONE TO WARM UP AND WARM DOWN.
7. COLLARS – DEVISE PUT ON THE END OF THE BAR TO HOLD THE WEIGHT SECURLEY IN PLACE. A MUST FOR GOOD SAFETY.
8. CUT – A TERM REFERING TO FAT FREE, HIGHLY MUSCULAR DEGREE OF PHYSICAL CONDITIONING.
9. DENSITY – REFERS TO THE HARDNESS OF A MUSCLE.
10. DIPS – AN EXCERSICE DONE TO DEVELOP THE SHOULDERS AND TRICEPTS. ON DIP BAR, BEND ARMS UNTIL TRICEPTS ARE PARALLEL TO FLOOR THEN PUSH UP AND EXTEND ARMS.
11. FORCED REPETITIONS – WHEN YOUR PARTNER LIFTS UP ON BAR TO ALLOW A BODYBUILDER TO COMPLETE THEIR LAST TWO OR THREE REPSTITIONS PAST THE NORMAL POINT OF FATIGUE.
12. INTENSITY – THE QUALITY OF EFFORT YOU PUT FORTH DURING A REPETITION OR FOR A TOTAL WORKOUT.
13. ISOLATION – THIS INVOLVES A LIMITING EFFORT IN AN EXERCISE TO A SPECIFIC MUSCLE OR MUSCLE GROUP. THIS CAN ACTUALLY ALTER THE SHAPE OF THE MUSCLE(S).
14. LUNGE – ALTERNATE EXERCISE TO DEVELOP THE LOWER BODY. WITH WEIGHT ON YOUR SHOULDER, STEP FORWARD UNTIL FRONT THIGH IS PARALLEL WITH THE GROUND. STEP BACK (OR FORWARD) TO YOUR ORIGIONAL STANDING POSITION.
15. MASS – THE SIZE OF THE MUSCLE.
16. NEGATIVES – USING HEAVY WEIGHTS, YOU TRY TO LOWER BAR AS SLOWLY AS POSSIBLE. FIGHTING THE FORCES OF GRAVITY. A MINIMUM OF TWO SPOTTERS IS ESSENTIAL FOR THIS EXERCISE.
17. OVERLOAD – THE AMOUT OF WEIGHT OR RESISTANCE PLACED ON A MUSCLE GROUP OVER AND ABOVE WHAT IT IS NORMALLY USED TO HANDLING.
18. PROGRESSION – THE PROCESS OF INCREASING THE STRESS PLACED ON A WORKING MUSCLE IN ANY EXERCISE. THE PROGRESSION CANS ME ACCOMPLISHED BY ADDING MORE REPS, ADDING MORE WEIGHT, OR BY DECREASING THE REST BETWEEN SETS.
19. ROUTINE – ANOTHER NAME FOR YOUR PROGRAM. EXERCISES, SETS, REPETITIONS, AND POUNDS USED IN A WORKOUT.
20. SPOTTER – A TRAINING PARTNER WHO STANDS NEAR YOU AS YOU PERFORM AN EXERCISE. THEY CAN ASSIST YOU IF FATIGUED AND IS A MUST FOR SAFETY.
21. STEROIDS – A DRUG WHICH CHANGES THE TESTOSTERONE LEVEL IN YOUR BODY. THEY CAN MAKE YOU LOOK BIGGER, BUT HAVE MANY DANGEROUS SIDE EFFECTS AND SHOULD BE AVOIDED.
22. TESTOSTERONE – THE MALE HORMONE WHICH DETERMINES BODY DEVELOPMENT.
23. TRAINING TO FAILURE – THE PROCESS OF CONTINUING A REPETITION OR SET WHERE YOUR WORKING MUSCLES ARE SO FATIGUED THEY CAN NO LONGER COMPLETE A FULL RANGE OF MOTION
24. UPRIGHT ROW-SEATED USING A PULLEY CABLE PULL THE WEIGHT TO YOUR CHEST, SLOWLY RETURNING TO THE STSRTING POSITION OR STANDING USING A BAR PULL BAR TO CHIN
25. WORKOUT –A SPECFIC PREDETERMINED TRAINING SESSION

REMEMBER SAFETY IN THE WEIGHT ROOM IS ESSENTIAL, FOLLOW ALL SAFTEY RULES. NOT FOLLOWING THE TEACHERS RULES AND INSTRUCTION COULD RESULT IN INJURY