

MUSCLEDOG®

GLOSSARY

1 REP MAX:

The heaviest load that the muscle(s) is able to effectively finish a single rep with for a certain workout.



ABDUCTION:

To move away from or diverge from the imaginary line splitting someone in half from head to toe; side motion away from the midline of the body.

Example: A side leg raise moving the leg away from the midline of the body.

ACTIVE RECOVERY:

Activities that require movement at a low force.

Examples: Walking, cross-training, biking, swimming.

ACTIVE STRETCHING:

An active stretch is one where you assume a position and then hold it there with no assistance other than using the strength of your agonist muscles.

Example: Bringing your leg up high and then holding it without any assistance to keep the leg in that extended position.

ADAPTATION:

A procedure through which the body becomes more capable of undergoing a certain task or group of tasks over time.

ADDUCTION:

To bring in toward the midline of the body.

Example: Drawing the elbows together to the midline of the body like a chest press exercising the pectoralis muscle.

AEROBIC EXERCISES:

Any exercise that is founded on an increased heart rate; usually performed reasonably for prolonged amounts of time, involving the presence of oxygen.

AGILITY:

The strength of moving the limbs rapidly and without difficulty; swiftness of movement; as, strength and agility of body.

AGONIST:

A muscle that causes the major motion of a joint.

Example: In the bicep curl, the biceps are the agonist and the triceps are the antagonist.

α-LINOLENIC ACID:

The main plant Omega 3 fatty acid and the parent compound for the body's creation of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).

α-LIPOIC ACID:

A powerful antioxidant with a range of possible benefits.

AMINO ACID:

Twenty-two basic building blocks of the body which make up protein.

AMERICAN FEDERATION OF WOMEN BODYBUILDERS (AFWB):

The organization that manages women's amateur bodybuilding in America.

ANABOLIC STEROID:

Artificial chemical that duplicates the muscle-building uniqueness of the male hormone testosterone.

ANABOLISM:

A constructive metabolic process by which there is an increase in lean body mass, normally as a result of exercise and proper nutrition. Anabolism results in the creation of new cellular material such as proteins, enzymes, cells, cell membranes and tissues. These components aid in growth, maintenance and tissue repair.

ANAEROBIC EXERCISE:

Small periods of high strength exercises; this type of exercise burns carbohydrates for energy without the presence of oxygen.

Examples: sprinting, interval training, weight lifting.

ANAEROBIC THRESHOLD:

The time at which the removal of lactic acid is inferior to the creation of lactic acid.

ANTAGONIST:

Muscle that counters the agonist, lengthening when the agonist muscle contracts.

ANTIOXIDENTS:

Vitamins A, C and E, along with a range of minerals which are helpful in defending the body from "free radicals." Free radicals are unbalanced molecules which react with oxygen. They are naturally formed in the body, and are also created by smoking and radiation. Free radicals are able to damage cells, which can result in disease.

ARM BLASTER:

Aluminum or fiber glass strip which is around 5" x 24" that keeps the elbows in place while doing certain exercises such as curling a barbell, dumbbells, or doing tricep pushdowns.

ASSIMILATION:

The procedure in which the body uses and absorbs food.

ATROPHY:

The loss of bodily tissues (such as muscle) which is caused by disease or lack of use.



BALLISTIC STRETCH:

A more energetic stretch used by trained athletes (especially in martial arts), that requires a swinging or bouncing movement.

BARBELL:

A lengthy bar with interchangeable weights at both ends that requires two hands to pick up.

BASAL METABOLIC RATE (BMR):

The amount of energy expended while at rest in a neutrally temperate environment.

BIOLOGICAL VALUE:

A scale of measurement used to determine what percentage of protein is utilized by the body.

BODY COMPOSITION:

The proportion of lean body mass to fat. Lean body mass signifies water weight, muscle, bone and internal organs. Body fat signifies the fat tissue and is shown as a percentage of total body weight.

BODY FAT:

Known as Adipose tissue and can be calculated in a number of ways, the most common being by skin fold measurements or bioelectrical impedance analysis.

BODY MASS INDEX (BMI):

The BMI is a number that reveals the percentage of body fat in a ratio to lean body mass. This is a height-weight system of measurement that is applicable for both males and females.

BRANCHED CHAIN AMINO ACID:

Three vital amino acids - Leucine, Isoleucine and Valine.



CALCIUM CASEINATE:

Taken before bed, with breakfast or as a post-work out meal. It breaks down at a more lethargic rate than whey protein. This gives the body a maintained release of protein.

CALORIE:

The unit that calculates the quantity of energy obtained from food. Calories can be obtained from alcohol, carbohydrates, fats and proteins.

CALORIE CYCLING:

Switching between low and high calorie diets to avert the body from adapting to a certain diet.

CARBOHYDRATE:

The main supply of energy creation in the human body.

CARBOHYDRATE LOADING:

A strategy normally used by stamina athletes to make the most of glycogen storage to obtain optimal performance.

CARDIORESPIRATORY ENDURANCE:

The body's capability to transport oxygen and nutrients to tissues and to eliminate waste over periods of physical activity.

CASEIN PROTEIN:

The major protein found in milk. It has an outstanding amino acid profile and is chiefly known as an enormously slow-digesting protein.

CATABOLISM:

A harsh metabolic procedure by which there is a breakdown or loss of lean body mass.

CELLULOSE:

Indigestible fiber in food.

CENTRAL NERVOUS SYSTEM (CNS):

The constituent of the nervous system containing the brain and spinal cord.

CHOLESTEROL:

A fat lipid which has both good and bad repercussions in the human body. Good cholesterol is HDL and bad cholesterol is LDL.

CIRCUIT TRAINING:

Selected exercises or activities performed in a sequence.

CLEAN AND SNATCH:

Weight is lifted from floor over your head at arms-length in one movement.

COOL-DOWN:

Five to ten minutes or longer of which you're gradually lessening levels of activity and making the core body temperature return to the level before exercise.

COMPLETE PROTEIN:

Proteins with all vital amino acids.

COMPLEX CARBOHYDRATE:

Chains of three or more single sugar molecules connected together.

COMPOUND MOVEMENT:

Movements that require you to use more than one muscle group to lift the weight.

COMPOUND TRAINING:

Three to four exercises using the same muscle, one after the other, with negligible relaxation in the middle.

CONCENTRIC CONTRACTION:

A contraction in which a muscle applies power, shortens and conquers resistance.

CONJUGATED LINOEIC ACID:

An omega 6 fatty acid that has a valuable authority on metabolism and inflammation.

CREATINE:

A nitrogenous organic acid that is created naturally in vertebrates and aids in supplying energy to muscles.

**DAILY ONSET MUSCLE SORENESS (DOMS):**

This refers to the tenderness that occurs 24 to 48 hours after exercise. DOMS is caused by microscopic muscle damage that occurs when you lift. It often achieves its peak at about 48 hours after the lift.

DEFICIENCY:

A sub optimal level of either one or more nutrients, often resulting in a deprived well-being.

DESCENDING SETS:

The lessening of weights after each set while keeping the reps the same.

DEXTROSE:

This sugar is the principal energy source in the body (also known as glucose).

DIP BELT:

Big heavy belt worn around hips with a chain at each end that can be fastened to a barbell plate or dumbbell for extra resistance.

DIURETIC:

Helps the boost of urine emitted by the body.

DOCOSAHEXAENOIC ACID:

One of the two key omega 3 fatty acids located in fish oil; it plays an essential role in brain progression and safety.

DORSAL:

Refers to the backside.

DORSIFLEXION:

When a hand or foot bends backward.

DOUBLE PERIODIZATION:

When two 6-month periodization strategies are prepared instead of one per year, according to the rules in the Periodization Model used in sports and bodybuilding.

DUMBBELL:

A short bar with interchangeable weights at each end that can be held in one hand.

DYNAMIC STRETCHING:

Dynamic stretching that involves moving parts of your body and gradually increasing reach, speed of movement, or both. The end position is not held.

Example: walking lunges.



ECCENTRIC CONTRACTION:

A contraction in which a muscle elongates, and is surmounted by a resistance.

ECCENTRIC CONTRACTION (ACTION):

An expansion of the muscle during its contraction; the resistance prevails over the muscular strength and the muscle extension.

ECTOMORPH:

Having a lean, delicate body.

EGG PROTEIN:

Protein that has a biological excellence larger than any other natural food; created in egg whites.

EICOSAPENTAENOIC ACID (EPA):

One of the two major omega 3 fatty acids found in fish oil. EPA provides to lower serum lipid concentrations, alleviates swelling, averts platelet aggregation (blood clots) and optimistically influences metabolic rate.

ELASTICITY:

The capability of a tissue to go back to its initial dimension or form after stretching or elongation.

ELECTROLYTES:

Certain inorganic compounds, mostly sodium, potassium, magnesium, calcium, chloride and bicarbonate that detach in fluids into ions, which are able to conduct electricity and compose a major force in controlling fluid stability within the body.

EMPTY CALORIES:

Calories obtained from foods high in sugar and fat without an important nutritional significance.

ENDOMORPH:

Having a round, soft, or curvy body (generally pear shaped).

ENDURANCE:

Ability to sustain a physical activity or continue exerting a force for an extended period of time.

ENERGY BALANCE:

The equilibrium between energy gained and energy lost.

ENERGY EXPENDITURE WORK:

Non-resistance training exercise done to burn fat.

ENERGY FLUX:

Known as G-flux, this is the notion that energy requirements are level to energy outputs.

ENERGY SYSTEM WORK:

An umbrella expression for exercise (except resistance training), aiming to one or more body compositions.

ENZYMES:

Proteins that improve the speed of particular chemical reactions.

ESSENTIAL AMINO ACIDS:

Eight different amino acids required to compose proteins in adults; called essential because they must be acquired from the diet since they cannot be contrived by the body.

ESSENTIAL FATTY ACID:

Involves the fat families (Omega 3 and Omega 6). These vital fatty acids (not different from essential amino acids) are those fatty acids that the body requires but which it cannot create and thus must consume by way of dietary fat.

ESSENTIAL NUTRIENT:

A nutrient that must be obtained from the diet because the body cannot produce it in sufficient quantities to meet its needs.

EVERSION:

The motion of turning outward.

EXERTION:

The use of physical or perceived energy which may involve strenuous effort related to physical, muscular or philosophical activities.



FAILURE:

The point in an exercise at which fatigue sets in and your working muscles can no longer finish any further repetitions of a movement with strict biomechanics.

FAST TWITCH MUSCLE FIBERS (TYPE II):

Contracts quickly and creates volatile ruptures of speed; quick to exhaustion and utilizes anaerobic metabolism for energy creation.

Example: sprinting.

FATIGUE:

Feeling of exhaustion, weariness, tiredness, or lack of energy.

FAT FREE MASS:

Signifies the amount of muscle, bone, water and other non-adipose tissues.

FIBER SUPPLEMENTS:

Helps make stool soft, which can relieve constipation.

FITT PRINCIPLE:

FITT stands for Frequency Intensity Type Time; the critical philosophy that is needed to gain benefits from training.

FLEXIBILITY:

The normal extensibility of all soft tissues that permit a complete range of movements of the joints; pliable; able to be bent.

FLEXION:

Decreasing the angle of the joint.

FREE FATTY ACID:

Fatty acids that are detached from molecules.

FREESTYLE TRAINING:

Targeting all muscle groups in one workout.

FREE WEIGHTS:

Weights that are not attached to a machine or driven by cables and chains.

FREQUENCY:

The rate of recurrence at which a person exercises.

G

GASTROINTESTINAL:

Signifies the stomach and intestines.

GLUCAGON:

A hormone accountable for the instruction of sugar levels in the blood.

GLUCOSE:

The most ordinary and plentiful simple sugar utilized by the body for energy.

GLUTAMINE:

An amino acid utilized in the gut and immune system to sustain peak performance.

GLYCEMIC INDEX:

A guide which positions how quickly a given carbohydrate-loaded food raises blood glucose levels.

GLYCEMIC LOAD:

A ranking system for carbohydrate content in food portions based on their glycemic index and portion size.

GLYCOGEN:

The main type of carbohydrate storage for the human body; effortlessly transformed to glucose to meet energy demand.

GRAM:

The standard unit of mass used to measure the serving size of food.

GROWTH HORMONE:

An anabolic hormone that is naturally released by the pituitary gland; supports muscle development and the breakdown of body fat for energy.



HIGH INTENSITY TRAINING:

A training method which focuses mainly on short, comparatively occasional, maximal effort resistance training done to failure.

HIGH INTENSITY INTERVAL TRAINING (HIIT):

A quick and forceful exercise plan utilizing alternating periods of high intensity efforts with low intensity ones; this kind of training session characteristically lasts between 15 and 30 minutes.

HIGH DENSITY LIPOPROTEIN (HDL):

A constituent of blood that picks up cholesterol and assists in eradicating it from the body.

HYDROGENATED OR TRANS FAT:

Largely synthetic fats; a small quantity of trans fats arises naturally in meat and dairy products; utilized as a healthier substitution to saturated fats.

HYDROLYZED WHEY PROTEIN:

Protein chains that are dilapidated into peptides; less liable to cause an allergic reaction than non-hydrolyzed whey protein.

HYPERTENSION:

High blood pressure.

HYPERTROPHY:

An increase in muscle mass and an improvement in relative muscular strength.



INCOMPLETE PROTEINS:

Lack one or more of the essential amino acids.

INTERNATIONAL FEDERATION OF BODYBUILDERS (IFBB):

The group that supervises worldwide men's and women's amateur and professional bodybuilding.

INSULIN INDEX:

The insulin index evaluates the insulin response generated in different foods.

INTERVAL TRAINING:

Short but rapid exercise, interchanged with a leisurely but simple fitness activity.

ISOKINETIC EXERCISE:

Isotonic exercise in which there is accommodating resistance. Also refers to steady speed.

ISOLATION EXERCISE:

Dissimilar to a basic exercise, an isolation movement works on only one muscle group (or sometimes just part of a single muscle) in relative isolation from the rest of the body.

ISOLEUCINE:

An amino acid with the capability to boost stamina and help mend and fix muscle tissue.

ISOMETRIC EXERCISE:

An exercise involving muscular contractions in which the joint angle and muscle length do not change.

ISOTONIC EXERCISE:

Muscular action in which there is a transformation in length of muscle and weight, keeping pressure regular.

Example: lifting free weights.



JOGGING:

Running at a slow pace as a form of cardiopulmonary exercise.



KILOCALORIE:

The amount of energy required to raise the temperature of a liter of water one degree Celsius at sea level. This is the appropriate term for what are usually referred to as calories

KNEE WRAPS/ELASTIC STRAPS:

About 3 1/2" wide straps used to wrap knees for better support when performing squats, dead lifts, etc.



LACTIC ACID:

A waste product of anaerobic energy creation, causing muscle burn throughout the exercise.

LEAN BODY MASS:

Bodyweight excluding fat; contains muscle, bone and other non-fat tissue.

L-LEUCINE:

Vital branched chain amino acid (BCAA) which becomes degraded in fat structures.

LOW DENSITY LIPOPROTEIN (LDL):

Cholesterol enclosed by protein; known to as bad cholesterol.



MALTODEXTRIN:

A polysaccharide that is utilized as a food additive.

MAXIMUM HEART RATE (MHR):

The amount of times the heart can contract (beat) in one minute.

MESOMORPH:

A mesomorph has a naturally athletic and muscular physique.

METABOLIC FATIGUE:

The reduction of energy resulting in damaged performance.

METOBOLIC SYNDROME:

A comparatively new term used to umbrella a quantity of medical situations that are more regularly showing up together.

MICELLAR CASEIN:

An exceptionally sluggish digesting and rich protein that persists to feed your muscles after whey proteins are no longer there.

MICRONUTRIENTS:

Important elements for the body to maintain its biological processes, growth, repair and production of enzymes and hormones. They are present in small amounts (less than 50 ppm).

MICROTRAUMA:

A miniature size injury that causes swelling of connective tissue.

MUSCLE SPASM:

Abrupt, unintentional contraction of muscle.

MUSCULAR ENDURANCE:

The ability of a muscle, or a group of muscles, to uphold recurring contractions or to continue applying strength.

MUSCULAR POWER:

A muscle or muscle groups' ability to create the utmost contractile force in the shortest phase of time.

MUSCULAR STRENGTH:

The muscle's ability to apply force for a short duration of time.

MYOFASCIAL RELEASE:

A form of soft tissue therapy that provides sustained pressure into myofascial restrictions to eliminate pain and restore range of motion.

**NEGATIVE (ECCENTRIC):**

Exercise involves the controlled lowering of a weight to the starting position.

NEGATIVE REPS:

A technique in which you stress only the down or muscle-lengthening phase of an exercise.

NEUROMUSCULAR COORDINATION:

The attempt between the nervous system and muscles to generate force.

NON-EXERCISE ACTIVITY THERMOGENESIS (NEAT):

The energy spent for everything that is not eating, sleeping or conducting a sports-specific exercise.

NON-LOCKS:

Performing an exercise without going through entire range of movement.

NPC:

The National Physique Committee, Inc., which manages men's and women's amateur bodybuilding competitions in the United States.

NUTRIENTS:

Constituents of food that help nurture the body: that is, they supply energy or supply "building materials."

NUTRITION:

The functional science of consumption to promote greater health, fitness and muscular gains.

**ODD LIFTS:**

Exercises used in competition such as squats, bench presses and barbell curls.

OESTROGEN:

Female sex hormone.

OLYMPIAN:

A term used when referring to a bodybuilder who was a contestant in Mr. Olympia or Ms. Olympia.

OLYMPIC LIFTING:

The type of weightlifting competition contested at the Olympic Games every four years, as well as at national and international competitions each year.

OLYMPIC LIFTS:

Two actions used in national and international Olympic competitions.

OMEGA 3:

Plays a crucial role in the functioning of the brain along with normal growth and development.

OMEGA 6:

Plays an essential role in brain function along with normal growth and development.

OMEGA 9:

Our body can make omega-9 from unsaturated fat, therefore; it is not considered an essential fatty acid. Omega 9 is mostly used when there is a shortage of omega-3, omega-6 or both. Omega-9 also helps reduce the risk of arteriosclerosis, cardiovascular disease and strokes.

ONION SKIN:

Slang indicating skin having a very low fraction of subcutaneous fat.

OVERLOAD PRINCIPLE:

A fundamental training principle which states the body will adapt to the stresses placed upon it. The more you do, the more you are capable of doing.

OVERLOADING:

When a muscle that is working exceeds its comfortable point of effort.

OVERTRAINING:

Excessive frequency, volume, or intensity of training, resulting in fatigue due to a lack of proper rest and recovery.

OXYGEN DEFICIT:

A lack of oxygen as a result from exercise.

OXYGEN RADICAL ABSORBANCE CAPACITY:

The degree to which a food acts as an antioxidant.



PARTIAL REPS:

Completing an exercise(s) without going through the total range of motion either at the commencement or conclusion of a rep.

PASSIVE RECOVERY:

Covers everything that entails little to no physical movement.

PEAK CONTRACTION:

Keeping continuous tension on the fully contracted muscle.

PERIODIZATION:

An intended and practical organization of training used in sports and bodybuilding with an ambition to bring about the best enhancements in muscle mass, tone and/or sport-specific peak performance.

PERIPHERAL HEART ACTION (P.H.A.):

A structure of training where you change from one exercise to the next, leaving out relaxation or having very little (preferably going back and forth between upper body and lower body exercises).

PLATEAU EFFECT:

Exercising without any improvements in your fitness level because your body is not being overloaded anymore.

PLYOMETRIC EXERCISE:

Muscles that are loaded abruptly and expanded, then quickly contract to create a movement.

POSITIVE (CONCENTRIC):

The lifting of the weights by pushing or pulling during a resistance exercise.

POST WORKOUT:

The episode of time instantaneously subsequent to a strong workout when your body is best able to handle carbohydrates.

POSTERIOR:

Back segment or in the direction of the back.

POUNDAGE:

The quantity of weight that your body is able to handle in an exercise.

POWER:

The act of combining strength with speed.

POWER TRAINING:

Utilizing low repetitions and heavy weights for weight training.

PROGRESSION:

The act of slowly and steadily adding to the amount of resistance that you use in each exercise.

PROGRESSIVE OVERLOAD:

Systematically exerting a greater-than-normal stress to the body systems over a duration of time.

PROGRESSIVE RESISTANCE:

Technique of training where muscles gain strength and endurance and weight is increased.

PRONE:

Lying face down horizontally.

PROTEIN:

One or more amino acid chains which are necessary for the development and fixation of tissue.

PROTRACTION:

Scapular abduction.

PYRAMIDS:

Increasing the quantity of weight in each set while lessening the quantity of reps.

Q**QUAD DOMINANCE:**

When the quadricep muscles are stronger and more commonly engaged in activity than the opposite glute and hamstring muscles.

R**RANGE OF MOTION (ROM):**

A joint's ROM is typically calculated by the quantity of degrees from the preliminary position of a piece to its position at the conclusion of its full range of the motion.

RATE OF PERCEIVED EXERTION (RPE):

A rating that the trainer gives to the intensity of his/her exercise based on their observation of difficulty of the physical effort.

RECOVERY:

The period following the workout when the body recuperates.

REPETITION (REP):

The number of times you lift and lower a weight in one set of an exercise.

REPETITION MAXIMUM:

The number of repetitions performed with a given weight before reaching muscular failure.

RESISTANCE EXERCISE:

Known as weight training; this is the training that uses weights which can either be free weights, weights on a gym machine, or your own body weight.

REST PERIOD:

The amount of time you permit between sets and exercises.

RESTING METABOLIC RATE:

The amount of energy necessary to keep you alive at rest.

REVERSIBILITY:

The stage that follows the plateau. This typically occurs when you don't increase your weights throughout exercises or when you stick to the same exercise routine and never change it up.

**SATURATED FATS:**

Consists of a chemical composition in which the carbon atoms are flooded with hydrogen atoms, and are solid at room temperature. Saturated fats are known to elevate cholesterol.

SET:

The number of cycles of reps that you complete.

SIMPLE CARBOHYDRATES:

These carbohydrates are digested quickly. Therefore, they are a quick energy source. Many simple carbohydrates contain refined sugars and few essential vitamins and minerals.

Examples: fruits, fruit juice, milk, yoghurt, honey, molasses and sugar.

SKELETAL MUSCLE:

Tissue inside the body in charge of locomotion, posture and force production.

SLOW TWITCH MUSCLE FIBERS (TYPE I):

When the muscle contracts gradually, allowing for continuous long term use as well as being resourceful at using oxygen for the production of energy.

SOFT TISSUE:

Attaches, supports and surrounds the structures of the body.

SOY PROTEIN:

Low in fat, cholesterol and lactose. Soy protein is approved for those who are lactose intolerant and can be used as a meat substitute.

SPLIT TRAINING ROUTINE:

Working out two times a day in shorter, more intense workouts.

SPOT REDUCING:

Occurs when trying to eliminate weight or fat from a specific part of your body and concentrating to work only on that part. As a result, this tends to build muscle in that area.

SPRAIN:

Damage to a ligament.

STATIC STRETCHING:

Inertly taking a joint or set of joints to the point of first resistance and holding the stretch of a muscle(s).

STRAIN:

Damage to a muscle or tendon.

STRETCH MARKS:

Tears (small scars) in skin as a result from muscle or fat tissue enlarging in volume at a faster rate than skin can grow.

STRETCH REFLEX:

A neurological method when a muscle(s) contracts as a result from stretching.

STRETCHING:

Elongating a muscle and the neighboring tissue.

STRIATIONS:

Groove or ridge marks seen under the skin: the highest level of muscle definition.

SUPERSETS:

An advance technique that engages two diverse exercises with little rest in the middle.

SYMPATHETIC NERVOUS SYSTEM:

A constituent of the autonomic nervous system that arranges the body for activity by escalating the speed of the heart rate.

SYMMETRY:

The figure or general outline of a person's body, as when seen in silhouette; having two like-halves.



TABATA METHOD:

A workout routine based around a four minute period and one exercise.

Example:

- 1) For twenty seconds, do as many repetitions as possible.
- 2) Rest for ten seconds
- 3) Repeat seven more times.

TARGET HEART RATE (THR):

A guide to let a person know how hard to exercise to gain the most aerobic benefit.

TARGET HEART ZONE (THZ):

The recommended range is 60-85% of your maximum heart rate. It represents a pace that ensures you are training aerobically and can reasonably be maintained.

TENDINITIS:

A recurring strain injury resulting in aches, inflammation and swelling

TENDON:

Used to adjoin muscle to bone.

TESTOSTERONE:

A steroid hormone from the androgen group. Testosterone is mainly made in the testes of males and the ovaries of females, although small amounts are also made by the adrenal glands. It is the main male sex hormone and an anabolic steroid. In both males and females, it plays a vital role in fitness and well-being.

THERMIC EFFECT OF FOOD:

The metabolic cost of digestion and absorption.

THERMOGENICS:

Often spoken of in the situation of “fat burner” supplements, the outcome of thermogenics is thermogenesis which is the generation of heat.

TRAINING STRAPS:

Cotton or leather straps wrapped around the wrists, then beneath and above a bar held by tightened hands to assist in particular lifts.

TRAINING TO FAILURE:

Continuing a set until it is no longer achievable to finish another rep without assistance.

TRI-SETS:

Alternating back and forth between three exercises until the agreed amount of sets are finished.

U

UNIVERSAL MACHINE:

A machine where weights are on tracks or rails and lifted by levers or pulleys so that many different exercises can be completed.

V

VALINE:

A vital amino acid that has a motivating result and is required for muscle metabolism, repair and growth of tissue. It also maintains the nitrogen equilibrium in the body.

VASOCONSTRICTION:

The tightening of blood vessel walls, limiting the flow of blood.

VASODILATATION:

The opening of blood vessel walls, escalating the blood flow.

VITAMINS:

Organic components in food that are needed in very small amounts for growth and for maintaining overall health.

VO2 MAX:

Utmost quantity of oxygen in millimeters that a person can utilize in one minute per 1 kilogram or 2.2 pounds of body weight.

W

WATER CALISTHENICS:

Exercises done in the water which use your own body weight for resistance training.

WEIGHT-BEARING EXERCISE:

An exercise in which you hold your weight or lift weight.

WEIGHT TRAINING BELT:

Leather belt utilized to support lower back while power lifting.

WHEY PROTEIN:

Whey protein is a pure, natural, high quality protein from cow's milk. It is a rich source of the essential amino acids needed on a daily basis.

WHEY PROTEIN CONCENTRATE:

Relying upon the product, it has anywhere between 29% and 89% protein. The quantities of fat and lactose tend to increase as the protein level in whey protein concentrate decreases.

WHEY PROTEIN ISOLATE:

The purest form of whey protein available, which includes an excellent amino acid profile. It is fat free, lactose free and carbohydrate free.