

FITNESS

DICTIONARY

need to know's

ACTIVE RECOVERY

these are low intensity workouts, performed on rest days when you still want to move your body

stretching, yoga, walking, swimming

AGONIST MUSCLE

the prime mover, the muscle doing the lift

your bicep during curls, your rhomboids doing rows

AEROBIC EXERCISE

requires constant oxygen flow

running, cycling, rowing

(anaerobic): weight training, calisthenics

ANTAGONIST MUSCLE

in opposition to the agonist muscle

your triceps during bicep curls, your hamstrings during a squat

ANTERIOR CHAIN

muscles on the front of your body

pecs, rectus abdominus, quad
(posterior chain): lats, glutes,
hamstrings, calves

BMI - BODY MASS INDEX

this term has absolutely no purpose,
use, or real value

forget you've ever heard of it

BULKING

being in a calorie surplus in an effort
to put on more muscle

ANTERIOR PELVIC TILT

forward rotation of the front of your
pelvis

*causes: shortening of the hip flexors i.e.
sitting!! Weak core and glutes*
*fixes: squats, glute bridge, kneeling hip flexor
stretch*

BMR- BASAL METABOLIC RATE

this is the absolute baseline calories
your body needs to just exist, even
less than sitting and breathing

just what it takes to be alive

BUTT WINK

posterior pelvic tilt at the bottom on your squat

risks: failure to hold neutral, and overload on spine, stress on ligaments, SI joint, and spinal discs

fixes: stretching glutes and hamstrings, core and stability training

CALORIE DEFICIT

the only, and I mean only, way to lose weight...

consuming less calories than you expend on a daily basis

CALISTHENICS

usually full body, body weight movements with a focus on mastering strength, stability, and ease

CIRCUIT TRAINING

high intensity rounds of exercises back to back to build endurance and promote efficiency

COMPOUND LIFTS

any lift that uses more than one muscle group

squat, deadlift, bench press

CONCENTRIC

the shortening phase of the lift

hand coming to shoulder during bicep curl
(eccentric): the lengthening phase,
hand moving away

DELAYED ONSET MUSCLE SORENESS (DOMS)

12-24 hours after a workout, extreme fatigue, pain to touch, short term loss of strength

causes: *tiny microscopic muscular tears, overly sedentary post workout*

fixes: *massage, ice/hot bath, increased water consumption*

prevention: *reasonably progressive training, routine*

(TO) FAILURE

weight training to the point you are unable to do another rep, or maintain hold for more time

CUTTING

being in a calorie deficit in an effort to lose body fat

DYNAMIC STRETCHING

stimulates and prepares muscles to exercise, active stretching to prepare muscles for action

lunges, pushups, general movement
(static stretching): lengthen and hold, still, reduces stiffness – touching your toes

GOLGI TENDON ORGAN

proprioceptive organ that senses changes to muscle tension, usually found at insertion points

function: inhibits further muscle contraction, essentially allowing your body to relax during static stretching,
this is why we hold a stretch for 15+ seconds

HYPERTROPHY

increased size of muscular cells
aka gains

causes: mechanical and metabolic tension, i.e. lifting

JUNK (WASTE) VOLUME

additional sets or reps outside of a warm up, overload, and cool down, these sets have little to no benefit, in fact, they almost always result in over exertion

HIGH INTENSITY INTERVAL TRAINING (HIIT)

short bursts of anaerobic training to improve cardiovascular health completed at near maximum intensity for periods of time less than 30 minutes

ISOMETRIC CONTRACTION

muscle activation without lengthening or shortening, a hold

wall sit, plank, many yoga poses

LIFESTYLE ACTIVITY

the whole reason we work out in the first place, so you can move your body in the real world doing things you love

hiking, roller blading, raking leaves

MIND-MUSCLE CONNECTION

conscious and deliberate muscle contraction, the ability to focus tension, improving this connection can help with hypertrophy

PLATEAU

when your body adjusts to the demands of your workout, you will need progressive overload, dietary adjustments, or changes in sleep, stress and lifestyle to break this

MACROS

carbs, fats, and proteins- tracking these will help you meet your needs and goals

MYOFASCIAL RELEASE

foam rolling or massage, this is used to relax muscles and improve blood and oxygen circulation

you can foam roll all you want, but I would suggest assessing why you are so stiff to begin with

PROGRESSIVE OVERLOAD

essential for building muscle, this allows your body to slowly adapt to higher weight/rep ranges

SUPER SET

pairing two exercises together without taking a break

chest press and tricep dips, then rest. squat and calf raise, then rest.

RANGE OF MOTION

the extent of movement a joint allows for, full flexion and full extension

i.e. not a half rep

TIME UNDER TENSION (TUT)

the amount of time your muscle are under stress, this is crucial for hypertrophy because it optimizes muscular strength, endurance, and growth