

FITNESS

# DICTIONARY

*need to know's*

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## 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  
you 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

## COMPOUND LIFTS

any lift that uses more than one muscle group

*squat, deadlift, bench press*

## 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

## 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