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# Fitness Definitions

I realized today that in the fitness industry a lot of terms are used that may not be understood by a person who has not devoted many hours each week to studying fitness. I still come across terms I don't understand.

So just for you, I've decided to put together a list of terms that may not be understood by everyone. And each time I come across a term I don't know, I'll look it up and add it to this list (feel free to let me know what you don't understand so I can keep this list awesome).

You may already know a lot of these terms, or you may think some are self explanatory, but I'm providing them to make sure I cover everything.

A

Aerobic Exercise - Continuous, light intensity exercise that lasts at least 10 minutes, increasing the body's need for oxygen

Anaerobic Exercise - High intensity exercise that lasts a short period of time where the body's demand for oxygen exceeds the oxygen supply due to exercise

ART - Active release technique (a form of soft tissue massage)

C

Contrasting - Switching from one thing an opposite or something very different

Core - The muscle group consisting of the abdominals, obliques & lower back

Cryotherapy - Use of low temperatures for medical therapy (such as applying ice to a body part to reduce inflammation & decrease pain)

D

Dynamic Stretch - Movement based stretches

E

Ectomorph - The body shape of a "skinny guy" or "hardgainer" with narrow shoulders, chest & long, thin muscles

Endomorph - The body shape of the average person with a short neck, round face and excessive fat stores

F

Flexibility - The measure of the range of motion at a particular joint

Foam Roller - Recovery tool used for SMR via rolling on it to release tension in the muscles

H

Hyperextension - The movement/extension of muscles, joints or tendons past the normal range of motion

Hyperplasia - The formation of new cells (muscle hyperplasia refers to the formation of new muscle cells)

Hypertrophy - The increase in size of cells (muscle hypertrophy refers to the increase in size of muscle cells)

I

Interval Training - The use of short bursts of high intensity exercises separated by short rest periods

Isometric Exercise - Isometric exercises are done in static positions such as a hang or plank

Isotonic Exercise - Isotonic exercises are exercises performed at a constant speed

M

Max VO<sub>2</sub>/VO<sub>2</sub> Max - The maximum capacity of an individual's body to use oxygen during incremental exercise. It is commonly used to compare the performance of endurance athletes

Mesomorph - The body shape of a typical jock with a significant amount of muscle

Mobility - Flexibility when in motion (most people are not nearly as mobile as they are flexible)

P

Plateau - The "flattening out" of fitness progress due to

Prone - Lying down face down

R

Rep - A repetition of an exercise in a set. 5 reps means do the exercise 5 times in that set

ROM - Range of Motion. How far you can move a joint, tendon or muscle without causing injury or pain

S

Set - A unit of measurement containing a certain number or repetitions of an exercise

SMR - Self Myofascial Release is used to relax contracted muscles, increase circulation and stimulate the stretch reflex of muscles in order to reduce pain and increase mobility. It is most often done with a foam roller, tennis or lacrosse ball & golf balls. More advanced SMR is also done with PVC pipe.

Static Stretch - Performing a stationary stretch and holding it for time

Superset - Combining multiple exercises in one set with a certain number of repetitions for each & no reps between

Supine - Lying down face up

W

Warm Down - Light exercises performed in order to push blood through the muscles to aid recovery post workout

Warm Up - Preparing the body for exercise

Hope that helps! Feel free to leave a comment asking me about any definitions you don't know.

Shawn Horwood

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