

Absolute Strength

A term for the total amount of weight you can lift or resistance you can overcome regardless of your body weight.

Calisthenics

Exercises done using all or part of the body weight as the resistance.

Fast-Twitch Muscle Fibers

**Muscle fibers that contract
at a fast rate and have
great strength but very
little endurance.**

Hypertrophy

An increase in muscle size.

Intermediate Muscle Fibers

Muscle fibers having characteristics of both slow- and fast-twitch fibers.

Isokinetic Exercise

An exercise for muscle fitness that regulates the resistance and/or speed of movement through a full range of joint movement.

Isometric Contraction

A muscle contraction in which no movement occurs because of an equal force in the opposite direction; the length of the muscle remains constant under tension.

Isotonic Contraction

A muscle contraction that pulls on the bones and produces movement of body parts.

One Repetition Maximum (1RM)

The exertion that can be given by a muscle group when performing one repetition at a maximal level.

Progressive Resistance Exercise (PRE)

The gradual increase in resistance used to improve muscle fitness.

Relative Strength

The amount of weight or resistance you can overcome for each pound of body weight (strength per pound of body weight).

Reps

An abbreviation for “repetitions”; a term used to describe the number of consecutive times you perform an exercise.

Set

A group of repetitions of a specific exercise; each set of repetitions or reps is followed by a rest period before another is performed.

Slow-Twitch Muscle Fibers

**Muscle fibers that contract
at a slow rate and have
great endurance.**

Double Progressive System

A method or system of resistance training that progressively increases (1) the amount of weight and (2) the number of repetitions used when performing an exercise.

Muscle-Bound

**Having bulky muscles
that decrease a person's
flexibility.**

