

# CHS Weight Training Terminology

terms	definitions
1RM	"one repetition maximum"; lifting the heaviest load possible one time
4 x 5	four sets of five repetitions - a volume of 20
8-6-4-2-6	a pyramid workout including five sets; a volume of 26
a good foundation	your body set in a good position to support the load and all your muscles.
a program	a prescribed set of exercises to include sets, reps, loads, and intensity
a pyramid	varying the number of reps between each set during an exercise
a set	a specific amount of repetitions
aerobic system	the body functioning in sustained cardiovascular work exceeding 15 minutes
AMP	doing "as many possible" repetitions that you can - "burning out"
antagonistic muscles	opposing muscles that enable you to push and pull
ATP system	adenosine triphosphate allows explosive movements up to 15 seconds
auxiliary exercise	an exercise which targets smaller / specific muscle groups
base of strength	your entry level strength abilities on specific exercises
cheating	not adhering to sound lifting technique; using muscles not designed for the lift.
collars	safety devices used to keep plates from sliding off a bar
core exercise	an exercise which develops the largest muscle groups: the initial daily exercise.
elements of fitness	muscular strength and endurance, cardiovascular endurance, flexibility, and body composition
extensor muscles	those muscles which straighten the joints: the pushers
FITT	a nuemonic representing the principles of training: Frequency, Intensity, Time, and Task
flexor muscles	those muscles which bend the joints: the pullers
lactic acid system	the body's means of sustaining hard work for up to two minutes.
MRM<12	multi-repetition maximum less than 12"
major muscle groups	muscles located in a specific region which move specific parts of the body
percentage chart	a table which allows you to establish a load based upon a known base of strength
plyometrics	an explosive activity designed to create a nerve and muscle response
post stretch	stretching after activity which helps improve flexibility and warm down the muscles
power chart	a table which enables one to predict 1RM's or to set loads for workouts
power exercise	an explosive exercise which involves many major muscle groups and joints

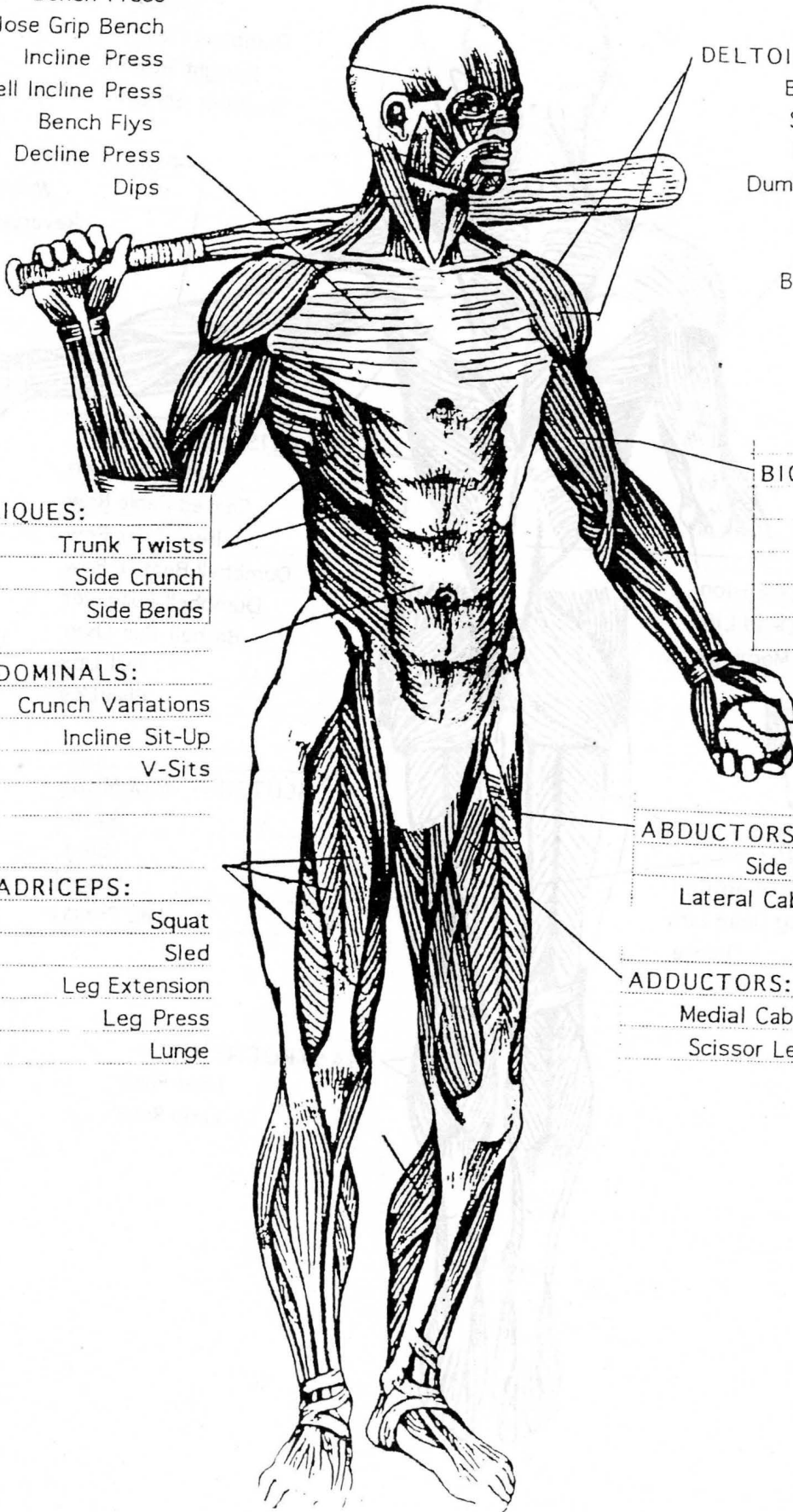
pre stretch	stretching done prior to a workout for the purpose of avoiding potential injury
range of movement (motion)	the extent to which a joint is bent within an exercise
recovery time	the amount of rest time that is needed between sets to allow for proper energy to do the next lift
repetitions	the number of consecutive times an exercise is completed without resting
spotting	helping a lifter to safely begin and complete a lift
Stiggins' general conditioning program	computer generated; individualized; * designed to promote overall fitness
Stiggins' high level program	computer generated; individualized; * designed to develop more strength and bulk for athletic performance
strict	using rigid and fundamentally sound technique
the load	the amount of weight used for a repetition
the volume	the total number of repetitions completed on an exercise not including warm ups
to "bury your chin."	to place the chin on the chest
to "get buried"	to be overcome by the amount of the load and be unable to complete even one repetition
to "hit the wall"	to be unexpectedly overcome by the load during a set
to "rack 'em!"	to return all plates and accessory equipment to their proper place
to "tighten up."	to contract the muscles throughout the lift
to clean the bar	to bring the bar to shoulder level in a standing position
to do a "burn out"	to do "as many possible" repetitions or sets on an exercise
to log	to record data
to "strip the bar"	to remove all plates from a bar
torso work	exercises to develop the low back, the obliques, and the abdominals
warm down sets	sets done at lighter weight after the prescribed work out has been completed
warm up sets	sets done at a lighter weight to allow the body to adjust to an intense load
weight room mentor	an experience lifter who helps a novice become familiar with aspects of the weight room setting
work out partner	a person with whom you do most exercises; one who you can rely on for your safety, for encouragement, for critique, and for working at a similar level of intensity
X	a symbol which denotes "sets of"

PECTORALS:

- Bench Press
- Close Grip Bench
- Incline Press
- Dumbbell Incline Press
- Bench Flys
- Decline Press
- Dips

DELTOIDS:

- Behind the Neck
- Shoulder Press
- Military Press
- Dumbbell Sh. Press
- Front Raise
- Lateral Raise
- Bent Over Raise
- Dips



OBLIQUES:

- Trunk Twists
- Side Crunch
- Side Bends

ABDOMINALS:

- Crunch Variations
- Incline Sit-Up
- V-Sits

QUADRICEPS:

- Squat
- Sled
- Leg Extension
- Leg Press
- Lunge

BICEP:

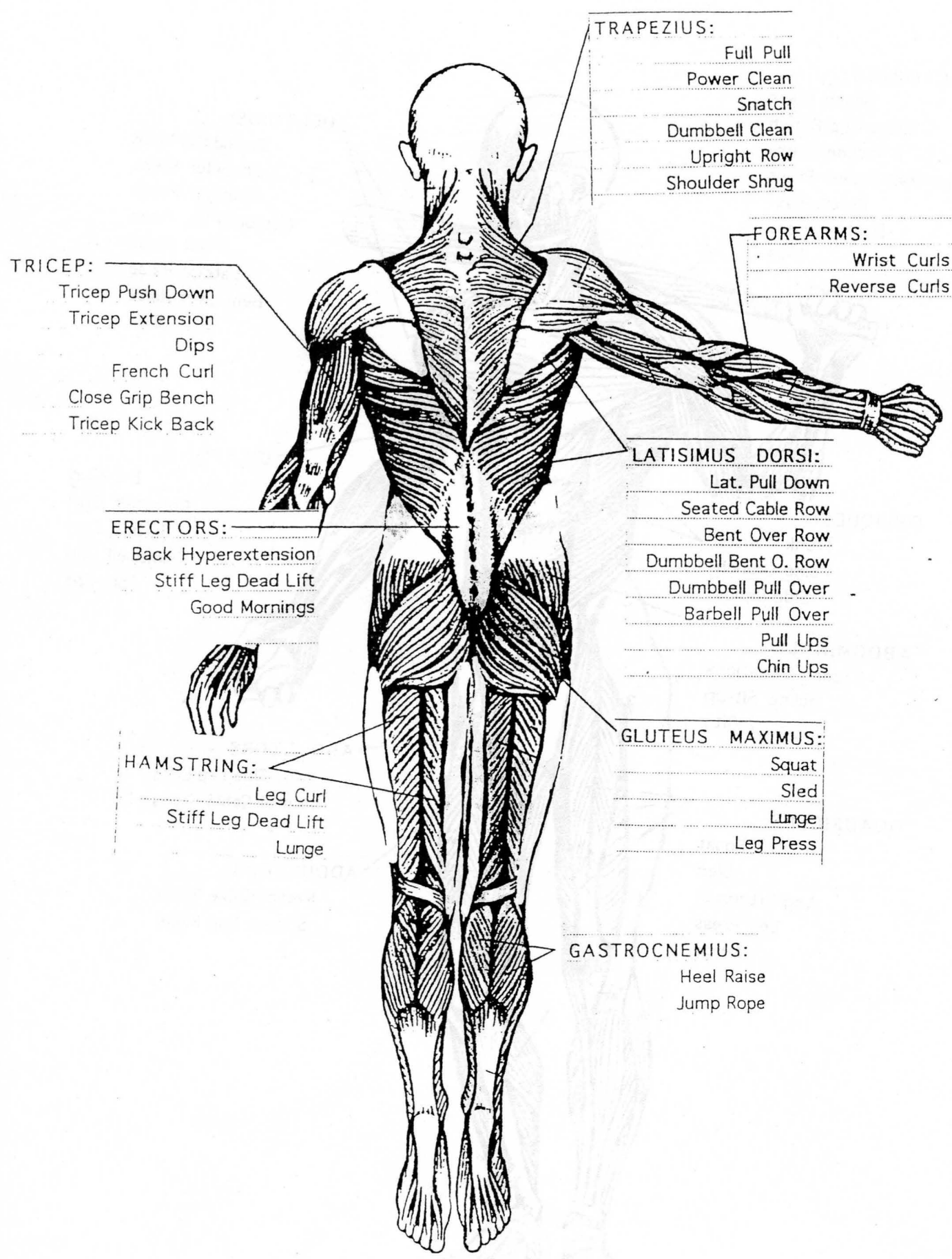
- E-Z Curl
- Preacher Curl
- Barbell Curl
- Dumbbell Curl
- Chin Ups

ABDUCTORS:

- Side Leg Lifts
- Lateral Cable Cross

ADDUCTORS:

- Medial Cable Raise
- Scissor Leg Raise



**TRAPEZIUS:**  
Full Pull  
Power Clean  
Snatch  
Dumbbell Clean  
Upright Row  
Shoulder Shrug

**FOREARMS:**  
Wrist Curls  
Reverse Curls

**TRICEP:**  
Tricep Push Down  
Tricep Extension  
Dips  
French Curl  
Close Grip Bench  
Tricep Kick Back

**ERECTORS:**  
Back Hyperextension  
Stiff Leg Dead Lift  
Good Mornings

**LATISSIMUS DORSI:**  
Lat. Pull Down  
Seated Cable Row  
Bent Over Row  
Dumbbell Bent O. Row  
Dumbbell Pull Over  
Barbell Pull Over  
Pull Ups  
Chin Ups

**HAMSTRING:**  
Leg Curl  
Stiff Leg Dead Lift  
Lunge

**GLUTEUS MAXIMUS:**  
Squat  
Sled  
Lunge  
Leg Press

**GASTROCNEMIUS:**  
Heel Raise  
Jump Rope