

Exercise Vocabulary

Aerobic- Your body's energy system that uses fat as the primary source of fuel. Your body utilizes oxygen at the same rate you are capable of supplying it through breathing. Physical effort/intensity can be sustained for long periods of time when using this energy system.

Bilateral- When both limbs contract in unison to perform a movement; or referring to both sides of the body.

Unilateral- A single-arm or single-leg movement; or referring to one side of the body.- The ability to perform more work with the same or less effort. In terms of hiking fitness, endurance is the ability to hike further or faster before fatigue sets in.

Fitness Gains- The beneficial physiological adaptations of the body as a result of consistent exercise.

Heart Rate- The number of heartbeats per minute. Monitoring your heart rate during activity is one way to measure intensity of a workout.

Intensity- The measure of the effort level during a workout or, how hard the body is working.

Load- Usually referring to the addition of weight to an activity, which increases the intensity of the activity and the demand on the body.

Overtraining- Pushing the body beyond appropriate training guidelines and/or not allowing adequate rest and recovery. Symptoms can include: lower motivation to train, fatigue, joint pain, poor sleep, stagnant or decreased performance.

Progressive Overload- The process of gradually adding more stimulus to the body during physical activity than it has previously encountered. This is process required for fitness gains to occur.

Reps- (short for repetitions) One rep is one complete exercise movement (Example: 1 push-up). When a rep range is given, this is the number of times you perform that exercise in a row before taking a rest. Example: 8-12 reps would mean doing a minimum of 8, or maximum of 12 push-ups in a row before resting.

Resistance- Anything that creates force against your muscles during contraction. Relating to exercise this can be in the form of bodyweight, bands (mini-bands, resistance bands, etc), weight/load (dumbbells, barbells, kettlebells, weighted backpack, etc).

Rest Period- A recovery time, or a break in the activity you are performing. Usually between sets of exercises or cardio intervals.

Sets- Refers to the grouping of reps of a given exercise; this indicates how many times you will repeat a particular number of reps of an exercise.

Example: 2 sets of 8-15 reps; Perform 8-15 push-ups in a row, rest, then move on to the next set of push-ups or the next exercise in the circuit.

Tempo- Refers to the timing of the exercise at each segment of the movement (concentric phase, eccentric phase, hold times).

2-1-2-1 Tempo = 2 seconds eccentric movement, hold for 1 second, then 2 second concentric movement, then 1 second pause.

Squat example: Lowering to the ground (eccentric) for a count of 2 seconds, isometric hold for 1 second, then take 2 seconds to push back up (concentric). Then 1 second pause in the starting position before the next rep.

Time-under-tension (TUT)- Placing the muscle(s) under tension for an extended length of time. Slowing the tempo of a movement to add intensity to the exercise. Can be applied to bodyweight and weighted exercise

Unilateral- A single-arm or single-leg movement; or referring to one side of the body.