

UNDERSTANDING WORKOUT WORDS

MedichBrand

<p>Super-set Performing multiple exercises one after the other</p>	<p>Drop-set Finishing one exercise then immediately moving 2 another working the same muscles</p>	<p>HIIT Short bursts of extremely intensity cardio, followed <u>near</u> full recovery</p>
<p>Progressive Overload Gradual increase in training stimulus overtime (ex. more weight, less rest, etc.)</p>	<p>Periodization A strategic planning of your training overtime. Designed to achieve progressive overload</p>	<p>WOD Workout of the day</p>
<p>Volume Total work performed. For strength training... reps x sets x weight = volume</p>	<p>Intensity Typically measured as percent of one rep max lifted (90%+ = high intensity)</p>	<p>Core All of the muscles surrounding the trunk, not just the abs</p>
<p>Anabolic State where the body is building</p>	<p>Catabolic State where the body is breaking down</p>	<p>Deload Scheduled decrease in volume & intensity for recovery</p>
<p>Sticking Point Point in a lift where you always struggle (ex. bottom of the squat)</p>	<p>Flexibility Range of motion of a joint</p>	<p>Mobility How easily a joint moves through a range of motion</p>
<p>Slow Twitch (type I) Muscle fibers used for high rep less explosive lifts</p>	<p>Fast Twitch (type II) Muscle fibers used for heavy and explosive movements</p>	<p>PR Personal record</p>