

<p><b>EMOM</b> Performing a set Every Minute On the Minute</p>	<p><b>Circuit Training</b> Performing multiple exercises consecutively with little to no rest</p>	<p><b>Accessory Work</b> Any sets performed after the main/first movement of the day</p>
<p><b>RPE</b> Rate of perceived exertion, measured by how many more reps you could've done</p>	<p><b>Push</b> Any exercise that involves pushing (push-ups, shoulder presses, squats, etc.)</p>	<p><b>Pull</b> Any exercise that involves pulling (pull-ups, rows, deadlifts, etc.)</p>
<p><b>Eccentric</b> Portion of the lift where the muscle is lengthening (going down on bench press)</p>	<p><b>Concentric</b> Portion of the lift where the muscle is shortening (going up on bench press)</p>	<p><b>Isometric</b> Pausing and holding the weight in place mid rep</p>
<p><b>Single</b> 1 rep set</p>	<p><b>Double</b> 2 rep set</p>	<p><b>Tripple</b> 3 rep set</p>
<p><b>Supination</b> Turning the wrists so the palms are facing you, used on chin ups</p>	<p><b>Pronation</b> Turning the wrists so the palms are facing away from you, used on pull ups</p>	<p><b>Fail</b> When you attempt a lift and fail</p>
<p><b>Hypertrophy</b> Building muscle size</p>	<p><b>Bulking</b> Eating in a caloric surplus in an attempt to build muscle</p>	<p><b>Cutting</b> Eating in a caloric deficit in an attempt to burn fat</p>