

[Trygve.Com](#)>[Exercise](#)> Dictionary of Weightlifting, Bodybuilding, Exercise

Dictionary of Weightlifting, Bodybuilding, and Exercise Terms and Techniques O

last updated 2000.05.18 R

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Many thanks to [Deja News](#) for their search engine and database. R

Note that this document is still under construction; terms and definitions are being added every day...but not necessarily at the same time. If you notice some terms are currently lacking definitions, do not adjust your monitor; this is a normal sideeffect and should clear up before long. R

0-9C

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

1RMO

see [one rep maximum](#)R

6-packO

see [six pack](#)R

A

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

abduction, abductor

Abduction is movement away from the central axis of the body, an abductor is a muscle whose contraction results in this movement. R

- compare [adduction](#)

Abs, abdominalsO[deja](#)

The muscles in the front of the stomach, giving the "[six pack](#)" look in people with R sufficiently low bodyfat. Their function is to draw the base of the ribcage and the hips towards each other, as occurs when performing [crunches](#) . Note that conventional [sit-ups](#)R are performed largely by the [iliopsoas](#) muscles R

acetaminophenO

a common [over the counter](#)[analgesic](#) (pain reliever) that is not a [non-steroidal anti-R inflammatory](#) drug, sold under the brand name Tylenol®, and many others.

It may be used when a pain killer is desired which will not inhibit clotting or produce gastric upset, though it will not provide any anti-inflammatory effects, nor may it be R substituted for aspirin in the [ECA stack](#).R

achilles tendon

the [tendon](#) connecting the lower end of the [calf muscle](#) to the back of the heel R

adduction, adductorO

Abduction is movement away from the central axis of the body, an abductor is a muscle whose contraction results in this movement.

- compare [abduction](#)

adductors, thigh

several muscles located in the upper part of the inner thigh whose function is to pull the legs towards the midline.

adenosine triphosphate, ATP

the molecular "currency" that provides energy within cells for everything from protein synthesis to muscle contraction

adipose tissue

fat (bodyfat)

adrenoceptor [\[deja\]](#)

a [receptor](#) that responds to hormones (such as [epinephrine](#) (adrenaline)) produced by the adrenal gland

aerobic [\[deja\]](#)

requiring oxygen

when describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients

- compare [anaerobic](#)

agonist

a chemical agent that stimulates, activates, accelerates, or enhances a process in the body

- compare [antagonist](#)

amino acids [\[deja\]](#)

basic building blocks of [protein](#)

- see [the Misc.Fitness.Weights FAQ: Supplements:Amino Acids](#)
- [branched chain amino acids](#)
- [essential amino acids](#)

anabolic, anabolism [\[deja\]](#)

tending to build or repair tissue, muscle tissue in particular

- compare [catabolic](#)

"The Anabolic Diet" [\[deja\]](#)

- see [the Misc.Fitness.Weights FAQ: Diets:"The Anabolic Diet"](#)

analgesic

tending to reduce or eliminate pain

androgenic [\[deja\]](#)

producing or accentuating male sexual characteristics (body hair, deepened voice, male pattern baldness). One of the characteristics of steroids, whether synthesized in the lab or naturally in the body is their anabolic-androgenic ratio: if some amount of steroid X produces the same [anabolic](#) effects as a given amount of testosterone, how do the androgenic effects compare to those produced by that quantity of testosterone.

anaerobic

- compare [aerobic](#)

antagonist

[1] a chemical agent that inhibits, prevents, slows, or stops a process in the body

- compare [agonist](#)

[2] a muscle that relaxes or stretches during the performance of a movement

- compare [prime mover](#)
- [stabilizer](#)
- [synergist](#)

anticatabolic

preventing or lessening [catabolism](#)

aromatase

an [enzyme](#) responsible for (among other things) converting [testosterone](#) into [estrogens](#)

aspirin

originally a brand name, aspirin is now a generic term for acetylsalicylic acid (C₉H₈O₄),

a common [over the counter non-steroidal anti-inflammatory](#)

Side effects include inhibition of blood clotting (so that it may increase internal bleeding and/or the extent of bruising if used when an injury is fresh). [acetaminophen](#) (Tylenol®)

may be used when a pain killer without these effects is desired, though it will not provide any anti-inflammatory effects, nor may it be substituted for aspirin in the [ECA stack](#).

ATP

see [adenosine triphosphate](#)

avulse, avulsion

tearing away a body part or structure such as tearing a tendon or ligament off of a bone.

B

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

ballistic

movement due to momentum rather than muscular control. Ballistic stretching involves "throwing" a body part in order to stretch a joint beyond the range of motion attainable through controlled muscular contraction such as when "bouncing" at the bottom of toe-touches. It is an effective technique for causing injury to connective tissue, which can reduce flexibility rather than enhance it.

barbell [\[pic\]](#)

a straight or curved bar typically five to seven feet in length designed to have weights placed on the ends

- compare [dumbbell](#)

basal metabolic rate

The rate at which the body burns calories while awake but at rest (usually measured in calories per day)

bench**bench press** [\[deja\]](#)**bench press, narrow grip****bench shirt**

a very tight, sturdy shirt usually made from denim or neoprene theoretically worn for protection during bench press competitions whose main effect is to increase the amount of weight lifted by compressing and straightening the chest and arms.

bent row**beta agonist**

a beta-agonist or beta [adrenoceptor agonist](#) is a drug or chemical that partially mimics the effects of [epinephrine](#), primarily targeting the beta [adrenoceptors](#) which accelerate heart rate and increase blood pressure (beta-1), dilate bronchial passages (beta-2), and release fatty acids from fat cells into the blood stream (all beta receptors). The most commonly encountered beta agonists are asthma drugs such as ephedrine and albuterol which target the beta-2 [receptor](#).

biceps brachii

the familiar "make a muscle" muscle that flexes the elbow joint. Additionally, the biceps [supinates](#) the forearm and helps raise the upper arm at the shoulder.

biceps femoris

the large, two-headed muscle on the back of the thigh. Contracting this muscle flexes the knee and also extends the hip (only one head of the muscle originates above the hip joint and contributes to this movement).

exercises targeting this muscle include

- [leg curls](#)
- [stiff-leg deadlifts](#)
- [deadlifts](#)
- [good mornings](#)

bioimpedance

the resistance of a path through the body (typically measured between the feet and/or hands), most often used to estimate bodyfat percentages because fat conducts electricity more poorly than muscle.

biological value**BMI**

see [body mass index](#)

BMR

see [basal metabolic rate](#)

bodybuilding**bodyfat, bodyfat percentage**

The amount of fat in your body, generally expressed as a percentage.

body mass index, BMI

Yet another way of approximating body composition for use in large-scale medical studies and for health reports to refer to in the popular press. This particular measure is calculated by dividing your mass in kilograms by the square of your height in meters. While such simplistic measures are useful for large statistical samples of the general population, their value is highly limited for individuals, particularly athletes who can be very healthy and have low bodyfat percentages despite having a higher-than-recommended BMI.

- a web-based BMI calculator, bodyfat estimator, and other tools may be found at [Phys' health calculator page](#)

bodyopus

- see [the Misc.Fitness.Weights FAQ: Diets:bodyopus](#)

box squat

a variation on the [squat](#) performed with a bench, box, or other solid object under the lifter that stops the decent at the bottom. This can cause excessive compression of the spine and possibly lead to injury.

brachioradialis**branched chain amino acids**

the [amino acids](#) L-leucine, L-isoleucine, and L-valine, so named because of their branched structure. They are a major constituent of muscle tissue and are preferentially consumed during intense exertion or dieting.

- see [the Misc.Fitness.Weights FAQ: Branched-chain amino acids](#)

brown fat

A type of fat cell with a greatly increased density of mitochondria and a much greater blood supply than ordinary "white" fat. Besides being able to store fat, brown fat cells can convert calories directly into heat through a process known as non-shivering [thermogenesis](#). Brown fat is used by mammals to maintain body temperature and to expend excess calories that are consumed but not stored as fat.

bulking, bulking up

to gain size and mass, preferably (but not always) mostly or entirely muscle and other lean tissue.

- *compare* [cutting](#)

bumper plate [\[pic\]](#)

a weight plate (almost always olympic) with a rubber outer rim to reduce damage to the floor (and the plate) in case it is dropped. These are most commonly used in [olympic lifting](#) where very heavy weights are lifted overhead

burn

C

[[0](#) [9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

cable, cable machine

an exercise machine in which the lifter pulls on a handle attached to a cable. The main difference between an exercise in which the resistance is transmitted through a cable rather than being done with [free weights](#) is that the force is in the direction of the cable rather than always pointing downwards. For example, when using a cable machine to perform [curls](#) , the cable may continue to provide resistance at the top of the movement while the resistance the [biceps](#) must work against when lifting free weights is minimal when the forearm is at or near vertical.

cable crossover [\[pic\]](#)

caffeine

an inhibitor of [cAMP](#) phosphodiesterase; it enhances alertness and [potentates](#) the effects of other stimulatory drugs by inhibiting the breakdown of cAMP, with the result that cellular processes that are activated tend to remain active longer than they would otherwise.

calf, calf muscle

the muscle on the back of the lower leg responsible for extending the ankle. The calf muscle has two heads, which connect at the bottom and attach to the heel: the [gastrocnemius](#), the top of which attaches above the knee joint, and the [soleus](#) which attaches below.

exercises targeting the calf include

- [seated calf extensions](#) ,
- [standing calf extensions](#) ,
- [donkey calf extensions](#)

calf extensions, donkey [\[pic\]](#)

calf extensions, seated

calf extensions, standing

calipers

calorie

a unit of energy, equal to the amount of energy needed to heat one gram of water one degree celsius. In common usage, the "calories" most often refer to kilocalories (also known as Kcal or "food calories") which are really 1000 calories.

cam

similar to a [pulley](#) , a cam normally has a cable attached to one point of the rim, an attached axle that transmits rotational force to or from another part of the machine, and a radius that varies with angle, changing the amount of force applied at different parts of the movement in a consistent manner.

cambered bar [\[pic\]](#)

a [barbell](#) with most of the middle offset; used to increase the [range of motion](#) in bench pressing and also very effective for avoiding scraped knees while [deadlifting](#) and for letting the arms hang straight down during [shrugs](#).

cAMP

see [cyclic Adenosine Monophosphate](#)

canthaxanthin [\[deja\]](#)

a carotenoid related to beta carotene used as a red food coloring. When taken in (relatively) large quantities, it imparts a reddish-orange tone to the skin leading to its use as a tanning aid. It is non-toxic and has some antioxidant activity, but prolonged use at high doses has been known to cause crystals to form inside the eye.

carbohydrate

digestible food components such as starches and [sugars](#) that are composed of carbon,

hydrogen, and oxygen, but not nitrogen. Carbohydrates are the main constituent of most vegetables and fruits, provide four [calories](#) per gram, and are present only in small quantities in animal products.

- compare [protein](#)
- and [fat](#)

carb-up

after any period of carbohydrate depletion, particularly as part of a [cyclic ketogenic diet](#) , the consumption of large quantities of [carbohydrates](#) with the intent of saturating muscle [glycogen](#) stores.

carpal tunnel**catabolic, catabolism**

tending to break down tissue, muscle tissue in particular

- compare [anabolic](#)

cc

cubic centimeter

chalk**cheating, cheat reps**

a cheat rep is a [repetition](#) performed by deviating from strict form (leaning, adding extra momentum at the bottom of the movement with whole-body motion) after a lifter has reached the point of [failure](#) with a given weight.

- compare [cheat rep](#)

chinning bar**chins, chin-ups****cholesterol****circuit training**

A sequence of exercises performed one after the other with little rest in between. Think of it as being somewhere in between traditional aerobics and traditional weight training.

citric acid cycle

see [Krebs cycle](#)

CKD

see [cyclic ketogenic diet](#)

CLA

see [conjugated linoleic acid](#)

clean**clean and jerk****CNS, Central Nervous System**

The brain and spinal cord (in vertebrates)

collars, weight collars [\[pic\]](#)

any kind of sleeve which may be slipped over the end of a weight bar after the plates have been put on and then tightened to hold the plates securely on the bar. This prevents plates from slipping off the end of the bar, shifting position, or rattling during the exercise.

colostrum

a thin, lemon-colored liquid produced by the mother's breasts in the first day or so after giving birth. While colostrum is beneficial for a newborn infant of the same species as the one providing the colostrum, it is not beneficial for adults. Adults do not have the same capacity as a newborn animal to take up entire proteins in the GI system without digesting them first. Do not waste your money on colostrum unless you're less than 6 months old and of bovine origin.

- see [the Misc.Fitness.Weights FAQ: Supplements:Colostrum](#)

compound, compound movement

an exercise that targets a more than muscle or muscle group simultaneously; usually the movement involves flexing or extending at least two joints.

[lat pulldowns](#), [squats](#), and [bench presses](#) are compound movements, [curls](#), [leg extensions](#),

and [flyes](#) are not.

- compare [isolation, isolation movement](#)

concentration curls

a type of [bicep curl](#) performed one-handed with a [dumbbell](#), the torso leaning far forward and the elbow either directly below the shoulder or somewhat behind. Usually the upper arm is supported by the inner thigh of the lifter, though this is not required.

concentric

done as the muscle contracts; "concentric strength" is the weight that can be lifted working against gravity (that's what you usually think of as 'weightlifting')

- compare [eccentric](#)

conjugated linoleic acid (CLA)

A particular structural variant of linoleic acid (a common unsaturated fatty acid). Several studies exist supporting a potential health benefit of conjugated linoleic acid (CLA). No studies suggest that it will aid muscle growth or fat loss. It is food, certainly better than some other fat sources, but treat it accordingly.

- see [the Misc.Fitness.Weights FAQ: Supplements:CLA](#)

corticosteroids

[catabolic steroids](#) such as prednisone or cortisol. These are used to reduce inflammation by signalling tissues to break down. While this certainly does have medical uses, corticosteroids will not aid in building muscle--quite the opposite, in fact.

cortisol, cortisone

a [corticosteroid](#)

cramp, muscle cramp

painful, involuntary muscular contraction

creatine

Naturally occurring in muscle tissue, creatine functions as a secondary reservoir for short-term energy to be drawn upon when ATP (adenosine triphosphate) stores--the energy storage molecule that drives muscular contraction--are depleted. Supplemental creatine monohydrate added to the diet will increase the concentration of creatine phosphate within muscle tissue which may increase one's ability to perform brief, high-intensity exercise.

- see [the Misc.Fitness.Weights FAQ: Supplements:Creatine](#)

crossover, crossover machine

see [cable crossover](#)

crunches

an exercise performed by "curling" the midsection to draw the base of the ribcage and the hips as close together as possible; the hip joints themselves should not move during the movement and are usually held at a 90-degree angle by putting the lower legs on a chair or bench with one's back on the floor.

curl, biceps curl [\[pic\]](#)

curl, reverse [\[pic\]](#)

A variation on the [biceps curl](#) in which the palms are kept facing downwards ([pronated](#)) throughout the movement, preventing the full contraction of the [biceps](#) and transferring more of the force onto the [brachioradialis](#). Typically, you'll only be able to do two-thirds to three-quarters as much weight as you would be able to do in a standard biceps curl.

cut, cuts

visibility of individual muscles and muscle heads. To be "cut," it should be easy to identify by sight the heads of the deltoid and dividing lines between the different heads of the quadriceps.

- compare [ripped](#)

cutting, cutting up

to lose bodyfat, preferably with as little loss of muscle and other lean tissue as possible.

- compare [bulking](#)

cyclic Adenosine Monophosphate

important in the regulation of metabolic and neurologic processes and activity, cAMP is generated in response to the activation of cellular [receptors](#) and, in turn, the presence of cAMP within the cell activates the process in question. cAMP is broken down by cAMP-phosphodiesterase.

The activity and duration of the process is governed by the rate at which cAMP is produced in response to receptor activation and the rate at which it is broken down. This is why the combination of [ephedrine](#) and [caffeine](#) produce a greater metabolic response than the sum of their effects when taken individually: ephedrine increases receptor activation, caffeine inhibits cAMP breakdown.

cyclic ketogenic diet, CKD

a [ketogenic](#) with the intentional addition of periodic "[carb-ups](#)" (as opposed to snapping and going berserk in a doughnut shop because you can't take it any more). The ketogenic periods typically last five days to a month or longer, carb-ups are usually only half a day to two days.

cycling

In reference to drugs or supplements, a "cycle" is a dosage or usage regimen that lasts a finite period of time with a planned sequence of doses and times, which may or may not be the same.

D

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

deadlift [[pic](#)]

an exercise performed by squatting down to pick up a [barbell](#) off the floor, standing up straight (or leaning back slightly), and then putting it back down. Simple, no?

- see [the Misc.Fitness.Weights FAQ: What is the proper way to deadlift?](#)

deadlift bar

a bar, usually but not necessarily straight, which is smooth in the center, but is [knurled](#) in the areas a lifter is likely to grip while performing a deadlift

- compare [squat bar](#)

decline bench press

definition

visibility of the shape and detail of individual muscles as occurs in individuals with low bodyfat.

deltoids, delts

the shoulder muscles, which are divided into three heads: anterior, medial, and posterior

deoxyribonucleic acid (DNA)

the chemical, typically formed into chromosomes, that forms the chemical basis of genetics and heredity. Your DNA is what makes you a human (assuming that's what you are) and not a hamster (assuming you're not--it's hard to tell these things over the net)

dextrose

See [glucose](#)

DHT

see [dihydrotestosterone](#)

diabetes

dihydrotestosterone

a highly [androgenic hormone](#) produced from [testosterone](#) by the [enzyme](#) 5-alpha-reductase. This hormone is the primary culprit in male pattern baldness and benign prostate enlargement.

dinitrophenol, 2,4-dinitrophenol, DNP [[deja](#)]

A potent nonselective uncoupler of oxidative phosphorylation that is not only effective

when ingested, but can also be absorbed through the skin. It is used industrially as a wood preservative, in the production of explosives, and as an ingredient in insecticides. It is extremely flammable or explosive when dry.

Its use as a weight loss aid dates back to the 1920's, but side effects such as lethargy, malaise, death, and bad breath soon caused the medical establishment to discontinue its use. Reintroduced to the public as a weight loss technique by the late Dan Duchaine, the small [therapeutic range](#) (the difference between the effective dose and the lethal dose) and serious side effects have continued to discourage its use.

- see also [the Misc.Fitness.Weights FAQ: DNP](#)

dip belt [\[pic\]](#) [\[pic\]](#)

a belt, usually without a buckle, with a chain or other method of attaching a weight as a simple and comfortable way of adding weight when performing exercises involving lifting one's own body. A dip belt is most commonly used when performing [dips](#) (go figure!) and [chin-ups](#), though it can be an effective way of allowing the lifter to perform [pull-downs](#) without lifting oneself up into the air during the movement.

dips

diuretic

a drug that increases the rate at which water is excreted through the kidneys

- see [the Misc.Fitness.Weights FAQ: Diuretics](#)

DNA

see [deoxyribonucleicacid](#)

DNP

see [dinitrophenol](#)

downregulation

- compare [upregulation](#)

dumbbell

a short bar with fixed or changeable weights mounted on each end with enough space in between to grip with one hand.

the term "dumbbell" comes from the practice of demonstrating strength by lifting heavy cast metal bells (like the Liberty Bell, only smaller and not cracked). A "dumb bell" was a bell made without a clapper so that it would not ring through one's show of physical prowess. Eventually, any weight meant to be hefted with one hand was referred to as a "dumbbell" and after what we now think of as being a dumbbell shape became standard, the word "bar bell" or "barbell" was coined to refer to a similar weight with a central bar long enough to be held easily with two hands.

- compare [barbell](#)

E

[[0](#) [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

ECA, ECA stack

[Ephedrine](#), [Caffeine](#), and [Aspirin](#)

- see also [the Misc.Fitness.Weights FAQ: Ephedrine/ECA Stack](#)

eccentric

done as the muscle extends or relaxes; "eccentric strength" is the weight that can be lowered under control

- compare [concentric](#)

ectomorph

thin and linear body type

- compare [endomorph](#)
- and [mesomorph](#)

EFA

see [essential fatty acids](#)

electrolytes

minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction

endocrine

glands that produce chemicals released into the bloodstream. The pituitary and adrenal glands are endocrine glands; salivary glands and sweat glands are not.

endomorph

rounded body type with small shoulders

- compare [ectomorph](#)
- and [mesomorph](#)

enzyme

a protein catalyst; enzymes are involved in digestion and both the synthesis and breakdown of proteins, hormones, and other substances in the body

ephedra

an herb, also known as Ma Huang and "Mormon Tea" containing [ephedrine](#) and [pseudoephedrine](#)

ephedrine

a common [beta agonist](#) used to relieve the symptoms of asthma; it dilates bronchial passages and is also a stimulant

- compare [pseudoephedrine](#)
- see also [the Misc.Fitness.Weights FAQ: Ephedrine/ECA Stack](#)

epinephrine

also known as adrenaline, epinephrine is a sympathomimetic hormone produced by the adrenal glands that accelerates heart rate, constricts blood vessels, raises blood pressure, dilates breathing passages, and accelerates the peristaltic motion of the muscles lining the intestines.

epiphyseal plates

the "plate" on the end of a bone, particularly the long bones of the arm and leg which remain unfused to the rest of the bone during growth. Once they become fused, these bones cease to grow longer.

ergogenic

tending to increase muscular power, endurance, or size

essential amino acids

amino acids which cannot be synthesized by the body from other amino acids and, thus, must be present in the diet: leucine, isoleucine, lysine, methionine, phenylalanine, tryptophan, and valine

essential fatty acids

[unsaturated fatty acids](#) which cannot be synthesized by the body and are used as the starting point for the biosynthesis of necessary metabolic and hormonal chemicals.

estrogen, estrogenic [\[deja\]](#)

There is no one hormone named "estrogen"; estrogens are hormones that induce or accentuate female sexual characteristics (as well as performing other functions, depending on the specific hormone). Estrogens include estrone, progesterone, and estradiol. "estrogenic" means "tending to induce the same effects that estrogen does"; while chemicals that mimic [testosterone](#) are almost nonexistent in nature, our food supply, and our environment, estrogenic chemicals are common. Some of these, such as genestein (found in soy) have gotten considerable press coverage because they are weak estrogens, meaning that while they can occupy an estrogen [receptor](#), they do not stimulate the receptor to as great an extent as the body's own estrogens would, which can reduce one's risk of estrogen-related cancers and tumors, most notably breast cancer.

However, for this last effect to occur, the weak estrogens must be present in the body in sufficient quantity so that they displace existing natural estrogens that would otherwise stimulate available estrogen receptors--and the total degree of stimulation produced by the greater number of occupied receptors must be less than would have been produced by the naturally present estrogens alone.

Other estrogenic chemicals are found in plastics and pesticides and exert harmful developmental effects by disrupting the normal hormonal events that take place in humans and animals.

exhaustion

extension

the act of straightening a joint

extracellular

outside the cell or cells (in the bloodstream, lymph, etc.) as opposed to inside

- compare [intracellular](#)

F

[[0](#) [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

farmer's walk

Grab a weight in each hand--dumbbells will work fine in you don't have a pair of large milk pails--and walk. Keep walking, carrying the weights until your hands, shoulders, or some other body part is crying for mercy. Then go a little further. Yeah, but a little further than that.

failure

fast-twitch muscle fibres

- compare [slow-twitch muscle fibres](#)

fat

digestible food components such as butter, lard, and oils composed of fatty acids. All kinds of fats provide nine [calories](#) per gram.

- compare [protein](#)
- and [carbohydrate](#)
- see also [medium-chain triglycerides](#)
- [hydrogenated fats](#)
- [saturated fats](#)
- [unsaturated fats](#)
- [polyunsaturated fats](#)
- [monounsaturated fats](#)

fatigue, muscle fatigue

femur

the bone of the thigh

fiber

an indigestible component of food, chemically classified as [carbohydrates](#) (and may be included in the total carbohydrate content listed on food labels), found primarily in unprocessed vegetables, nuts, grains, and fruits. Fiber does not provide [calories](#), but offers significant health benefits as a component of the diet.

fibre, muscle

fibula

the smaller bone of the lower leg

flax seed oil

an oil rich in [omega-3](#) polyunsaturated fatty acids; because of the high polyunsaturated fatty acid content, it should be kept refrigerated and even then has a limited shelf life.

- see [the Misc.Fitness.Weights FAQ: Supplements:Flax seed oil](#)

flexibility**flies**

an exercise targetting the [pectoral](#) muscles usually performed by lying face-up on a bench with arms almost straight (don't lock out your elbows, just keep the elbow joint at the same angle through the movement and move only the your shoulder joint) and a [dumbbell](#) in each hand. Raise the weights slowly until they are directly above your chest, lower them back out to the sides; repeat.

forced rep

a forced rep is a [repetition](#) performed with assistance from a [spotter](#) after a lifter has reached the point of [failure](#) with a given weight.

- compare [cheat rep](#)

free weight

equipment moved in the performance of an exercise which is simply raised and lowered as a complete unit. So called because the weight is free to move in any direction and in any manner the lifter can manage.

Free weights include [barbells](#) and [dumbbells](#)

- compare [machine, weight machine](#)

french press**front raise** [\[pic\]](#)**front squat**

[squats](#) done with the bar placed across the front of the shoulders rather than across the back. This concentrates the exercise more on the [quadriceps](#) and less on the back and glutes. Usually less weight can be lifted this way than when performing a conventional squat.

G

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

Gaspari bar [\[pic\]](#)

A short weight bar with rotating handles mounted in-line with the bar so that they are free to rotate. Generally used for [bicep curls](#) , the Gaspari bar allows the lifter's hands to rotate freely

gastrocnemius

the superficial (on top) head of the [calf muscle](#) which together with the [soleus](#) (the other head of the calf muscle) attaches to the heel through the [achilles tendon](#) and to the [femur](#) just above the knee joint.

- compare [soleus](#)

German volume training, GVT [\[deja\]](#)

a training technique in which ten [sets](#) of ten [reps](#) are performed for each exercise. The same weight is used for each set and rest periods between sets are kept to a minimum.

glucose

also known as [dextrose](#) , a simple [sugar](#) which is the main form of [carbohydrate](#) transported through the bloodstream to be used for fuel by cells.

glutes, gluteus maximus

the large muscles of the buttocks that extend the hips
exercises targeting the glutes include

- [stiff-leg deadlifts](#)
- [deadlifts](#)
- [hyperextensions](#)
- [good mornings](#)
- [squats](#)

glycemic index [\[deja\]](#)

Glycemic Index (GI) is a rating system for carbohydrates that deals with how quickly the sugar enters the blood stream and the extent of the insulin response following that entry. GIs were initially established to help diabetics regulate insulin levels following meals. Those carb sources that have low GIs generally enter the blood stream slower or cause a smaller insulin response. This can be beneficial for those trying to lose fat as well as those who are diabetic.

- see [the Misc.Fitness.Weights FAQ: what is the "glycemic index?"](#)

Rick Mendosa maintains an extensive list of the glycemic indices of foods at <http://www.mendosa.com/gilists.htm> .

glycogen

a type of [starch](#) synthesized from [glucose](#) for [intracellular](#) storage. The primary glycogen stores are in the liver and in the muscles; liver glycogen stores will be broken down to glucose and released into the bloodstream when blood sugar levels are low, whereas this does not happen with muscle glycogen stores which will be used only to provide fuel for the muscles themselves.

Note that way that glycogen is stored in the body requires four grams of water to be stored for each gram of glycogen. The combined weight and volume of muscle glycogen stores accounts for a significant part of total muscular size. The depletion of these glycogen stores (and the release of the accompanying water) is what accounts for the rapid weight loss experienced in the first few days of [ketogenic](#) and other reduced-carbohydrate diets.

good mornings**gram**

the metric unit of mass

28.35 grams = 1 ounce

453 grams = 1 pound

28.349 grams = 1 ounce

1,000 mcg = 1 mg

1,000,000 mcg = 1 gram

1,000 grams 1 kilogram

grip [\[pic\]](#)

holding onto the bar (or other object); many exercises can be performed with multiple grip styles and the type of grip used will affect the amount of weight that can be used, the safety of the movement, and the muscles targeted.

grip, false

a style of grip most commonly used in the [bench press](#) in which the thumb remains against the side of the palm rather than wrapping around the bar.

grip, neutral [\[pic\]](#)

if your palms are facing towards each other you are using a neutral grip

grip, pronated [\[pic\]](#)

look down at your hands; if your palms are facing away from you, you are using a pronated grip

- compare [grip, supinated](#)

grip, reverse [\[pic\]](#)

a reverse grip is one in which the wrists are rotated in opposite directions (one [pronated](#), the other [supinated](#)). This is most commonly used for [deadlifts](#) because the tendency of the bar to roll out of the hands is cancelled out, allowing the lifter to hold more weight.

grip, supinated

look down at your hands; if your palms are facing towards you, you are using a supinated grip

- compare [grip, pronated](#)

guarana

an herb containing significant amounts of [caffeine](#)

GVT

see [German volume training](#)

H

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

hack squat**hammer curl** [\[pic\]](#)

A variation on the [bicep curl](#) in which a [neutral grip](#) is used throughout the movement, which transfers more force onto the [brachioradialis](#) by reducing the leverage of the [biceps](#) at the top of the movement.

hams, hamstrings

see [biceps femoris](#)

head, muscle head

many muscles attach at a single point on one end and at multiple points at the other, somewhat like a bunch of bananas, but better at lifting big, heavy iron with.

["biceps"](#) means two heads; ["triceps,"](#) three; ["quadriceps,"](#) four.

often the multiple heads of a single muscle will attach to different bones on either side of a joint. The [calf muscle](#) has two heads, which connect at the bottom and attach to the heel: the , the top of which attaches above the knee joint, and the [soleus](#) which attaches below. Because of this, if the knee is bent (such as when performing [seated calf extensions](#) the gastrocnemius is put in a poor position to transfer force and the exercise is performed largely by the soleus head.

hGH, human growth hormone

- see [the Misc.Fitness.Weights FAQ: Growth Hormone](#)

HIT

"High Intensity Training"

- see [the Misc.Fitness.Weights FAQ: What is HIT?](#)

HMB

see [HydroxyMethylButyrate, HMB](#)

homeopathic [\[deja\]](#)

traditionally, a philosophy of therapy in which medical conditions are treated by preparing a solution of a substance which produces symptoms similar to those produced by the condition, diluting it until no molecules of the active ingredient remain in the solution, and then drinking it. The term is often applied to any solution so prepared, and irrespective of whether the homeopathic solution is intended to cure or cause a particular reaction, it is an expensive technique for consuming small quantities of water.

While it is not obvious why one would wish to do this, it does have the advantage of relatively few side effects.

hydrogenated fat**hydrolyze, hydrolyzation****hydrostatic****HydroxyMethylButyrate, HMB**

a metabolite of the branched-chain amino acid leucine, HMB is also available in supplement form. Some studies have shown increased growth in cattle given HMB, but evidence of any value for increasing human muscle growth and athletic performance is limited.

hyperextension, hyperextensions [\[pic\]](#)

of a joint, "hyperextension" refers to bending it beyond its normal range of motion (usually this is bad).

as an exercise, "hyperextensions" are performed using a [roman chair](#) which supports one's legs and hips in a horizontal, [prone](#) position. Either with or without a weight, one then bends at the hips, lowering one's head and shoulders until one's torso is close to vertical. Then, by contracting the [glutes](#) and [spinal erectors](#), one raises one's torso back upwards to above the horizontal.

hypertension

high blood pressure

hypertrophy

I

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

Idiot of the Month

A special award bestowed by the readership of Misc.Fitness.Weights upon the writer who most fervently and persistently promotes or defends a claim the belief in which would normally be considered inconsistent with the level of mental functioning necessary to operate a computer.

see [Misc.Fitness.Weights: the Idiot of the Month Award](#)

iliopsoas

impingement

incline bench press

insertion

The point of attachment of a muscle most distant from the body's midline or center.

- compare [origin](#)

insulin

a hormone that promotes the uptake of nutrients (most notably [glucose](#),

- see [the Misc.Fitness.Weights FAQ: Insulin](#)

insulin resistance

a reduced sensitivity to insulin, meaning that more insulin must be released to cause a given amount of nutrients [uptake](#) into the body's cells. Note that the [downregulation](#) of [insulin sensitivity](#) is likely to be more extreme in lean tissue than [adipose tissue](#), so that persons who have developed a high degree of insulin resistance are likely to preferentially store nutrients as fat rather than use them for tissue growth and repair.

type-II (adult onset) [diabetes](#) is an extreme form of insulin resistance.

insulin sensitivity

- see [insulin resistance](#)

intensity

International Powerlifting Federation (IPF)

An international governing body that oversees the rules and regulations of powerlifting competitions; IPF-sanctioned competitions and judging are overseen by national-level powerlifting associations that are affiliated with the IPF

- see the IPF homepage at <http://www.ipf.com/>

International Weightlifting Federation (IWF)

An international governing body that oversees the rules and regulations of olympic lifting competitions

- see the IWF homepage at <http://www.iwf.net/>

intracellular

inside the cell or cells as opposed to outside (in the bloodstream, lymph, etc.)

- compare [extracellular](#)

IOMO

see [Idiot of the Month](#)

IPFO

see [International Powerlifting Federation](#)

isolation, isolation movementO

an exercise that targets a single muscle or muscle group; usually the movement involves R flexing or extending only one joint.

[curls](#), [Reg extensions](#), and [flyes](#) are isolation movements, [lat pulldowns](#), [squats](#), and [bench presses](#) are not. R

- compare [compound](#), [compound movement](#)

isomerO

a molecule with the same chemical composition (same number of atoms of each type) as R another, but with a different chemical structure (arrangement or configuration of those atoms). Two chemicals which are isomers of each other may produce effects on the body that are similar or completely different.

isometricO

not involving contraction or extension; isometric exercises are done by tightening the muscles without moving any part of the body, such as by pushing against a brick wall instead of lifting a weight

"The Isometric Diet"O

- see [the Misc.Fitness.Weights FAQ: Diets:"The Isometric Diet"R](#)

IWFO

see [International Weightlifting FederationR](#)

J

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

jefferson squatsO

a variation on the [squat](#) which is performed with the bar held in the hands, usually using a [reverse grip](#) with one end of the bar in front of the lifter and the other behind. The movement is a lot like a [deadlift](#), except that the bar is rotated close to ninety degrees and generally is not allowed to touch the floor at the bottom of the movement. R

K

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

KcalO

1000 calories, or one "food calorie" -

- see [calorie-](#)

ketogenic diet**ketonesO****kilogram, KgO**

one kilogram = 2.2 pounds

knee wrapsO

bands of fabric wound tightly around the knee during powerlifting to slightly increase lifting ability; their use should be avoided during general training (apart from right before a competition) since they can obstruct blood flow, compress nerves, and grind the kneecap against the front of the knee joint, resulting in inflammation and possible damage to the cartilage of the knee joint. R

knurling, knurled

a grooved or roughened area along the length of a bar to increase ease of gripping or to lessen the tendency to slip (this is why a [squat bar](#) is knurled in the center whereas a [deadlift bar](#) normally is not).

Krebs cycle

a sequence of chemical reactions occurring within the [mitochondria](#) of living cells in which acetic acid (produced from foods) is oxidized to produce high-energy phosphate bonds (converting ADP to [ATP](#)) to be used to power the body's other metabolic processes. Also known as the [citric acid cycle](#) .

L

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

lat pulldowns

see [pulldowns](#)

lateral raise

An exercise for the [deltoids](#) performed by standing or sitting with the torso erect while holding a dumbbell in each hand. The weights are raised slowly out to the sides until they are at shoulder level and then slowly lowered (rather than allowing them to drop uncontrolled).

For the stress to be placed on the medial deltoid rather than the anterior, the palms must face downwards through the movement. Elbows should be kept rigid but slightly bent throughout the movement.

lateral raise, bent [\[pic\]](#)

A variation on the [lateral raise](#) performed with the torso leaning forward almost parallel to the floor, shifting the stress primarily to the posterior deltoid. It can be done seated, standing, or on one knee, the palms should face downwards throughout the movement, and you should "squeeze" the posterior deltoids at the top of the movement.

lats, latissimus dorsi [\[pic\]](#)**LBM**

see [lean body mass](#)

lean body mass

total body mass minus fat mass; this includes muscle, bone, organs, water, etc.--everything but fat.

leg curls**leg extensions****lever arm****ligament**

a tough cord or band of dense white fibrous connective tissue that connects two or more body parts other than muscles such as providing support for an internal organ or holding the ends of two bones together at a joint.

- compare [tendon](#)

lipid

[fat](#) (usually when in the body rather than in food)

low-carb, locarb

a genre of diet characterized by the reduction in [carbohydrate](#) intake, often but not necessarily to a [ketogenic](#) degree.

lunges

MC

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

machine, weight machineO

equipment moved in the performance of an exercise which is not simply raised and lowered as a complete unit. Exercise machines may guide or restrict the direction and extent of a movement, use [cams](#), [Rever arms](#), [Pulleys](#), or [cables](#) to redirect or alter the resistance, or generate the resistance through springs, hydraulic or pneumatic pistons, magnets, or elastic bands rather than weights. R

- compare [free weight](#)R

macronutrientO

- compare [micronutrient](#)R

ma huangO

see [ephedra](#)

Manta Ray®O

a molded plastic accessory intended to increase comfort and stability of the bar during [squats](#) . One side is shaped to fit across the shoulders of the lifter and the other is designed to clip snugly around the bar.

mcg or ugO

microgram -

- see [gram-](#)

MCT OilO

Meal Replacement Powder

instant milkshakes with added protein. some have added fats and sugars which you may or may not want. R

- see [the Misc.Fitness.Weights FAQ: Supplements:Meal Replacement Powders](#)

medium chain triglycerides

medline

PubMed, the National Library of Medicine's free search service to access the 9 million citations in MEDLINE and Pre-MEDLINE (with links to participating on-line journals), R and other related databases.

www.ncbi.nlm.nih.gov/PubMed/

mesomorphO

body type with thick muscles and heavy bone structure -

- compare [ectomorph-](#)
- and [endomorph-](#)

metaboliteO

a chemical produced by the body from some other chemical such as a component of food, a supplement, or a drug.

mgO

milligram -

- see [gram-](#)

micronutrientO

- compare [macronutrient](#)R

military pressO

pressing either a [barbell](#) or [dumbbells](#) straight overhead from shoulder height to full arm extension with an erect torso. Performing this exercise while seated puts less strain on the lower back than if it is doen standing.

military press machineOpic]-

mineral-

mitochondria-

cellular [organelles](#) found outside the [nucleus](#) that provide energy for the rest of the cell by R

oxidizing nutrients to produce [ATPR](#)

monounsaturated fats

MRPO

see [Meal Replacement PowderR](#)

N

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

negativesO

non-steroidal anti-inflammatory, NSAID

an anti-inflammatory agent or drug that is not a steroid; NSAIDs include [aspirin](#), ibuprofen, R naprosyn, and ketoprofen, but not [acetaminophen.R](#)

NSAIDO

see [non-steroidal anti-inflammatory](#)

nucleus, cell nucleusO

the main central [organelle](#) in the eukaryotic cell that contains [DNA](#) and directs the growth and activity of the cell. Most cells have exactly one nucleus, but [striated muscle cells](#) and some slime molds have multiple nuclei within a single cell, and red blood cells lose their nucleus before entering the blood stream (and are no longer able to divide) R

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

oblique, abdominal oblique

olympic plateOpic]

lympic plates have 2" holes--actually 2-1/8" typically, to give them room to slip onto a 2" R diameter bar. There's some variation in size of the holes in the plates and in the diameter of the bar, depending on whether the manufacturer is thinking in ISO/standard units (2" diameter bar) or metric (5cm, a little smaller).

A lot of Olympic plates say "standard" on them. Ignore this, it's only the hole size that matters, no matter how many people try to convince you that "size doesn't matter." R

- compare [standard plate](#)

olympic liftingO

weightlifting as traditionally performed in the Olympics involving the [clean and jerk](#) and the [snatch](#) ; at one time the standing overhead press was included in this category, but it was removed decades ago.

omega-3 polyunsaturated fatty acids

unsaturated fatty acids with the double bond at the third carbon position. Omega-3 fatty acids include alpha-linolenic (found in large quantities in [flax seed oil](#)) and eicosapentaenoic (EPA) and docosahexaenoic (DHA) acids (found in fish oils) R

- see [the Misc.Fitness.Weights FAQ: Supplements:Omega-3 fatty acids](#)

one rep maximumO

organelleO

any identifiable specialized part of a cell that is, to an individual cell, much like an organ like the heart or liver is to the body. Examples of organelles include [mitochondria](#) and the [nucleusR](#)

originO

The point of attachment of a muscle closest to the body's midline or center. -

- compare [insertion-](#)

OTC

see [Over The Counter](#)

overcompensation**overloading, progressive overloading****Over The Counter, OTC**

sold without a prescription

overtraining

Training beyond the body's ability to repair itself. This can be caused by training the same body parts too frequently so that the body does not have time to recover before the next workout; workouts that are consistently harder than the body is able to recover from fully; or impairment of the body's normal recovery ability due to nutritional deficiencies, illness, or stress.

Besides impairing athletic performance, overtraining can increase the risk of injury or disease. Symptoms of overtraining include fatigue, reduced performance, and increased resting heart rate.

P

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

patella

the kneecap

partials, partial reps**pec deck****pecs, pectoralis major**

the two large muscles on the front of the chest

peptide

a short chain of [amino acids](#)

periodization

- see [the Misc.Fitness.Weights FAQ: What is periodization?](#)

pinch grip [\[pic\]](#)

an exercise to increase grip strength typically performed by pinching two weight plates together (smooth side out) and picking them up using only the fingers

PNF, PNF stretching**polyunsaturated fats****potentate**

to increase the effect(s) of, usually used in reference to the effects of a drug

pound**power cage****power clean****powerlifting****PR**

Personal Record

preacher bench [\[pic\]](#)

a "bench" somewhat like a very heavy-duty music stand turned away from the lifter with a padded, steeply inclined support for the backs of the lifter's arms and often (but not always) a seat behind. Placing the arms on a support like this prevents them from moving except at the elbow while performing [curls](#).

preacher curls

also known as Scott curls (after Larry Scott), a variation of [bicep curl](#) in which the back of the arm is supported, generally on a [preacher bench](#) and usually but not necessarily with the elbow placed forward of the shoulder.

pre-exhaustion

to perform one or more [sets](#) of an [isolation movement](#) prior to the performance of a [compound movement](#) .

prime mover

a muscle or group of muscles whose contraction produces the movement in an exercise

- compare [antagonist](#)
- [stabilizer](#)
- [synergist](#)

prohormone

"Prohormones" are actually hormones themselves and are chemicals produced by the body (or close "chemical cousins" of such chemicals, as is the case with the nor- varieties). The "pro-" part is used for two reasons: first, because rather than themselves being the hormone one is actually interested in supplementing, they are instead used by the body's biochemical pathways to produce the hormone of interest; second, marketing.

- see [the Misc.fitness.weights FAQ: Supplements:Prohormones](#)

prone, pronation, pronated

turning face-down or palm-down

- compare [supination](#)

protein

digestible food components containing nitrogen composed of amino acids; protein is essential for tissue repair and growth and provides four [calories](#) per gram.

- compare [carbohydrate](#)
- and [fat](#)

pseudoephedrine

an [isomer](#) of [ephedrine](#) that is a far weaker stimulant and bronchodilator and is used primarily as a decongestant.

It is not a suitable substitute for ephedrine in the [ECA stack](#)

pubmed

see [medline](#)

pulldown machine [\[pic\]](#) [\[pic\]](#)**pulldowns, lat pulldowns** [\[pic\]](#)**pulley**

a freely rotating wheel used to change the direction of force applied by a [cable](#) . The [pulldown machine](#) typically has a cable passing over one or more pulleys at the top so that a downward force applied to the cable by the lifter raises the weights at the far end of the cable.

pullups**pump, pumped****pushdowns, tricep pushdowns****pyramiding****Q**

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

quads, quadriceps

the large muscle of the front of the thigh, composed of four heads: the vastus lateralis, vastus intermedius, vastus medialis, and rectus femoris. All of these join at a common tendon attached to the kneecap and all of them are involved in extending the knee joint. The rectus femoris attaches to the pelvic girdle (above the hip joint) rather than to the [femur](#) and in addition to extending the knee, it also flexes the hip.

exercises targeting this muscle include

- [leg extensionsR](#)
- [squats](#) (any kind) R
- [deadliftsR](#)
- [lungesR](#)

R

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

range of motionO

receptorO

a chemical site either within the cell or on the surface of the cell membrane that responds to the presence of a chemical stimulus such as a hormone or neurotransmitter and triggers a series of chemical events that produce a response on a cellular level.

recoveryO

rep, repetitionO

a single complete performance of a movement, normally including both the [concentricR](#) (working against resistance) and [eccentric](#) (allowing the weight to move in the direction it would if you let go) phases, so that at the end of one rep, the weight and lifter are back in the position they were in prior to the rep. R

- see [setsR](#)
- [the Misc.Fitness.Weights FAQ: How many repetitions should I perform?](#)

resistance trainingO

training with weights or other sources of resistance above and beyond the movement itself. [Chin-ups](#) are resistance training, jogging is not. R

restO

rest-pauseO

riboseO

ripped

visibility of fine detail below the level of individual muscles and muscle heads. To be "ripped," it should be easy to identify by sight the [striations](#) and muscle bands going across the heads of the deltoid, and the different heads of the quadriceps. R

- compare [cutR](#)

roman chairO

rotator cuffO [pic]

Four muscles (supraspinatus, infraspinatus, teres minor, and subscapularis) that run from the shoulder blade to the the upper arm, or humerus which together stabilize the shoulder joint. R

- see [Your Rotator Cuff \(and What Goes Wrong\)](#) from The 7-Minute Rotator Cuff R Solution R

routineO

rowO

S

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

saturated fats

[fats](#) comprised of fatty acids in which all possible bond positions along the carbon backbone are filled with hydrogens. Saturated fats are solid at room temperature, stable at high temperatures, and have long shelf-lives. While this makes them excellent for frying, R

especially deep frying, they have no nutritional or metabolic functions beyond providing [calories](#).

- compare [hydrogenated fats](#)
- [unsaturated fats](#)
- [polyunsaturated fats](#)
- [monounsaturated fats](#)

Scott curl

see [preacher curl](#)

serratus anterior

the muscle underneath and slightly forward of the armpit that gives this area a ridged appearance; if you can't find this muscle, your bodyfat percentage may be up into double digits.

set

a sequence of one or more complete performances of a movement, or [rep](#) done as a unit with minimal or no pause in between. When you pick up a barbell, curl it ten times, and then put it down, that is one set of ten reps.

- see [rep](#)
- [the Misc.Fitness.Weights FAQ: How many sets should I do per exercise?](#)

shrugs

an exercise for the [trapezius](#) performed by standing upright while holding a weight in both hands and lifting the shoulders up and down while the arms remain hanging downwards.

- see [the Misc.Fitness.Weights FAQ: What is the proper way to do shrugs?](#)

sissy squat

situps, sit ups

six pack

Defined abdominal muscles, so called because six bulges are visible (three per side) through the skin. The level of bodyfat necessary to see all six varies between individuals and the lower ones usually require the lowest bodyfat levels to bring them out (so, if you have a little too much abdominal fat left, you might have a "four pack" with just the upper four showing.

- see [the Misc.Fitness.Weights FAQ: How do I get a six-pack?](#)

skullcrushers

[tricep](#) extensions typically performed while lying on a bench with the upper arms vertical. Grip a barbell in your hands with a [pronated grip](#) and arms straight upwards. Bending only your elbows, lower the weight towards the bridge of your nose, then push back to the starting position.

slow-twitch muscle fibres

- compare [fast-twitch muscle fibres](#)

smith machine

smooth muscle

muscle tissue lacking the alternating dark and light bands that characterize [striated muscle](#) , composed of spindle-shaped cells with containing a single [nucleus](#) . Also known as "involuntary muscles" because their contraction and relaxation is not under direct voluntary control. Smooth muscle tissue lines the arteries, intestines, and is generally not attached to bones or ligaments.

- compare [striated muscle](#)

snatch

soleus

the underlying head of the [calf muscle](#) which together with the [gastrocnemius](#) (the other head of the calf muscle) attaches to the heel through the [achilles tendon](#) and to the [tibia](#) and [fibula](#) just below the knee joint.

- compare [gastrocnemius](#)

spinal erectors, erector spinae

paired muscles on either side of the spine in the lower back whose function is to straighten the spine

spot, spotter, spotting

to "spot" is to provide assistance to another lifter or at least to stand by ready to do so if needed. A spotter for the [bench press](#) normally stands behind the lifter and, should the lifter need assistance in raising the weight, touches or grasps the bar and helps lift it upwards.

squat

the "king of exercises"; put a bar across your shoulders while you are in a standing position and, keeping your torso as upright as possible, squat down until the tops of your thighs are parallel to the floor or below.

variations on the squat include:

- [box squat](#)
- [front squat](#)
- [hack squat](#)
- [jefferson squat](#)
- [sissy squat](#)
- see [the Misc.Fitness.Weights FAQ: What is the proper way to squat?](#)

squat bar

a straight bar with [knurling](#) in both the center and sides to make it easier to grip and less likely to slip when placed across the back (or at least take more flesh with it if it does slip)

- compare [deadlift bar](#)

squat cage**squat rack****squat suit**

a very tight, usually neoprene bodysuit worn theoretically for protection, but in reality because it increases the amount of weight that can be lifted by compressing and applying a straightening force to the legs and hips.

stabilizer

muscles that assist in the performance of an exercise by steadying the joint or limb being moved, but not increasing the force being applied.

One of the disadvantages of using [machines](#) rather than [free weights](#) for training is that many machines take over the task of stabilizing the movement, so that the stabilizing muscles are not trained to nearly the extent that they would have been with free weights.

- compare [synergist](#)

stack, weight [pic]

a pile of weight plates drilled so that they can slide vertically on poles, most often two fixed solid rods and one moveable rod with a series of holes along its length, with a horizontal hole or gap in each plate such that a pin may be inserted through the hole or gap in the plate and into a matching hole in the moveable rod. This weight and all those above it may then be lifted by the moveable rod, which is typically attached to a cable or lever arm.

stack, supplement or drug**stance**

foot and leg position during the performance of an exercise, particularly [squats](#) and [deadlifts](#) . This can make a great difference in the movement and the muscles targeted. For example, a wide stance in the squat allows for a more upright torso and tends to place more stress on the [glutes](#) and [thigh adductors](#) , while a narrower stance tends to shift stress more to the [quads](#) and lower back.

standard plate

a weight plate designed to be mounted on a one-inch diameter bar. Usually round with a central hole of about 1-1/8", they are commonly available in 1-1/4, 2-1/2, 5, 10, 25, and 50 pound sizes. Many olympic plates have "standard" written on them, but it's the size of the hole that matters.

- compare [olympic plateR](#)

steroidO

- see [the Misc.Fitness.Weights FAQ: Steroids](#)

stiff-leg deadlift

striated muscle

muscle tissue composed of [multinucleate](#) cells with alternating dark and light bands. Also known as "voluntary muscles" because their contraction and relaxation can be controlled voluntarily. R

- compare [smooth muscleR](#)

striationsO

fine grooves or bands on the surface of a muscle, visible through the skin in [ripped](#) bodybuilders.

strippingO

having one or more spotters remove weights from the bar during a [set](#) so that the lifter can R continue with a lighter weight after having reached [failureR](#)

- compare [working down the rack](#)

sublingualO

absorbed into the bloodstream through the skin under the tongue, an area with especially thin skin and a rich blood supply. Bypasses the liver and the rest of the digestive system and exposure to all the acids and enzymes involved. R

see also -

- [transdermal-](#)

sugarO

Either a generic term for a short-chain [carbohydrate](#) or a specific term for sucrose (table R sugar). Monosaccharide sugars (simple sugars) include fructose (fruit sugar), glucose (dextrose, grape sugar, corn sugar), galactose. Disaccharide sugars (sugars made from two monosaccharides bonded together) include sucrose (table sugar, cane sugar, or beet sugar), maltose, lactose (milk sugar). R

Sugar content in 100grams of some common beveragesR										
Food ItemR	monosaccharidesR			disaccharidesR			sorbitol	totalR sugars	%R glucose	fr
	Glucose	Fructose	Galactose	Sucrose	Lactose	Maltose				
AppleR	2.3R	6.0R		2.5R			0.5R	11.3R	31R	64
ColaR	4.0R	4.4R		2.1R		0.1R		10.6R	48R	52
GrapeR	6.7R	6.5R						13.2R	51R	49
Skim R MilkR					4.4R			4.4R	-R	-
OrangeR	3.1R	1.9R		4.2R		0.8R		10.0R	60R	40
PeachR	1.0R	1.1R		6.0R			0.9R	9.0R	44R	46
PearR	1.7R	6.6R		1.7R			2.1R	12.1R	21R	62
Pineapple	2.3R	1.4R		4.7R			0.8R	9.2R	51R	41
PruneR	23.0R	14.0R		0.6R			12.7R	49.3R	47R	29

* note that % glucose and % fructose values include the glucose and fructose fractions of disaccharides sucrose (one fructose molecule and one glucose molecule bonded together) and maltose (two glucose molecules bonded together)R

SuperSlowO

SuperSlow is an exercise protocol whereby the weight is lifted in approximately 10 seconds R

and lowered in five seconds. It can be used with any kind of resistance equipment: free weights, Nautilus or other machines, or calisthenics (dry land) exercises.

- see [the SuperSlow Exercise Guild Website](#)

sumo-style deadlift

supine, supination, supinated

turning face-up or palm-up

- compare [pronation](#)

swiss ball

synergism, synergistic

a combination of different components or elements which produce a result greater than the sum of the effects that would have been produced by each one separately.

synergist

muscles that assist in the performance of an exercise by adding to the force required to execute the movement

- compare [stabilizer](#)

T

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

t-bar row [\[pic\]](#)

tapering off

reducing quantities taken of a drug or supplement at the end of a [cycle](#)

targeted ketogenic diet, TKD

tendon

a tough cord or band of dense white fibrous connective tissue that connects a muscle with another body part (such as a bone) and transmits the force produced by the contraction of the muscle to produce movement in the body part in question or to use that part as an "anchor" from which to induce movement in another part of the body.

- compare [ligament](#)

testosterone

the primary natural [androgenic](#) and [anabolic steroid hormone](#) found in the body

thermogenesis, thermogenic

The generation of heat, usually through biological processes. Thermogenic drugs, such as [ephedrine](#) and [caffeine](#) increase the rate at which the body produces heat internally, generally through the mechanisms used to maintain body temperature.

tibia

the larger bone of the shin (lower leg)

TKD

see [targeted ketogenic diet](#)

topical

applied to the surface of the skin

training, styles of

see also

- [German Volume Training \(GVT\)](#)
- [High Intensity Training, HIT](#)
- [periodization](#)

transdermal

"through the skin," as in transdermally-delivered drugs such as [testosterone](#) and [estrogen](#) patches. Transdermal delivery allows chemicals that would be broken down by the digestive system or destroyed by the liver to pass into the bloodstream. It also can provide a slow and

steady level of the chemical rather than a sudden "pulse" when hitting the digestive system.

see also

- [sublingual](#)

trans-fatty acids

unsaturated fatty acids that have a "z" shape caused by unsaturated bonds being on alternate sides of the molecule. Naturally formed unsaturated fatty acids are normally in the "cis" configuration, with the unsaturated bonds on the same side of the carbon chain. The trans-configuration is typically produced by the partial hydrogenation of polyunsaturated fatty acids which is done to increase shelf life, heat stability, and thickness.

Trap Bar, Gerard Trap Bar [\[pic\]](#)

A weight bar with a diamond-shaped section in the middle, typically used for [deadlifts](#) and [shrugs](#). During the exercise, the lifter stands inside the diamond and grips the transverse handholds on either side of the diamond.

Everything you'd ever want to know about the trap bar can be found at <http://www.trapbar.com/>

compare

- [cambered bar](#)

trapezius, traps [\[pic\]](#)

a kite-shaped muscle of the back with the points of the "kite" at the base of the skull, the shoulders, and the center of the lower back. The trapezius is primarily visible as the pair of bulges on either side of the neck.

exercises for the trapezius include

- [shrugs](#) and
- [upright rows](#)

triceps

three-headed muscle (hence "tri-") forming the bulk of the back of the arm. Its function is to extend the elbow. Most pushing exercises, including the [bench press](#) and [military press](#) involve the triceps extensively, especially at the top of the movement exercises specifically targeting the triceps include

- [french press](#) and
- [tricep pushdowns](#)

triglyceride

chemical name for [fat](#), usually used when referring to fats in the bloodstream rather than in food. The name comes from the three fatty acid chains that together with the glycerol "backbone" make up the molecule.

U

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

ug or mcg

microgram

- see [gram](#)

unsaturated fats

fats containing fatty acids with some carbon-carbon double bonds. Saturated fats have all possible positions that could be occupied by a hydrogen atom filled, leaving no double bonds in the carbon chain.

upregulation

- compare [downregulation](#)

upright rowsO
uptakeO

V

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

vanadyl, vanadium

vascularityO

visibility of veins R

vitaminO

volume, training volumeO

W

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

warm-upO

wash-board abs

see [six pack](#)R

weight classO

Weider, Ben

Weider, Joe

"Weider Principles"

Einstein may have been unsuccessful in his attempts to create a unified field theory, but this has done nothing to discourage Joe Weider in his campaign to unify the field of weightlifting and bodybuilding by naming any and all practices and techniques "The Weider [X] Principle" where [X] stands for, well, pretty much anything. If you aren't following any recognizable training style and just do whatever comes to mind, you can rest assured that you are actually following the "Weider Instinctive Training Principle" or perhaps the "Weider Muscle Confusion Principle," depending on whether you're at all consistent about it from one workout to another. R

Wilks FormulaO

Named after Robert Wilks, a formula used to determine the best lifter or lift of powerlifters of different body weights.

Tables of Wilks Formula coefficients may be found at these websites R

- in Kilograms: www.ipf.com/formula.htmR
- in Pounds: www.isu.edu/~andesean/FINWIL.txt

working "down the rack"

using a sequence of [dumbbells](#) or (less commonly) [barbells](#) with decreasing weights, a lifter performs an exercise to [failure](#) with one weight and then immediately switches to the next higher weight. By the time you have completed working "down the rack," you may not be able to lift your arms, straighten them completely, or you may simply be shaking from the R kind of agonizing pain that tells you, "wow, that was a good workout!" R

- compare [stripping](#)R

X

[[0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

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[[0](#) [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

Yohimbe, yohimbineO

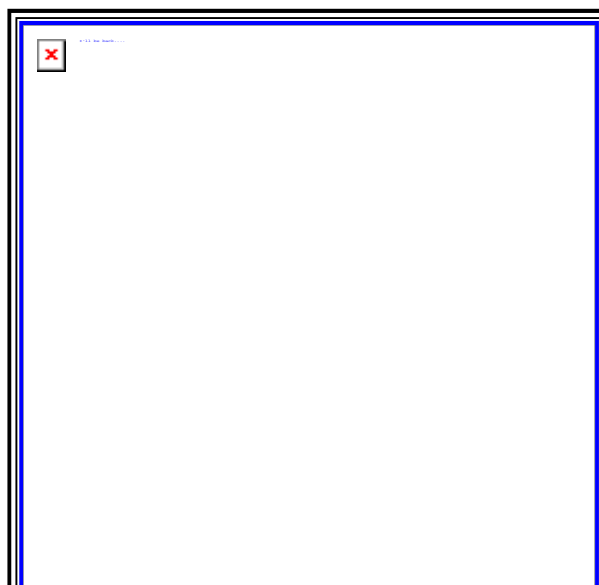
- see [the Misc.Fitness.Weights FAQ: Supplements: YohimbeR](#)

Z

[[0](#) [1](#) [2](#) [3](#) [4](#) [5](#) [6](#) [7](#) [8](#) [9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#)]

"The Zone"O

- see [the Misc.Fitness.Weights FAQ: Diets:"The Zone"R](#)



Back to [misc.fitness.weightsR](#)
[pageR](#)

Back to [The base of the treeR](#)