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30433

Gym Management System
Glossary

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Revision History

Date	Version	Description	Author
19/Mar/18	1.0	Here are presented the main technical terms.	Ardelean Eugen-Richard

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Glossary

1. Introduction

This project is about diet and sport, so here I will go through some of the basic concepts.

There are a number of complex words, scientific terms and jargon and acronyms used in reference to bodybuilding, health and fitness. This section will help you define and understand the main ones. These are by no means all of them and more will have be added in the future.

2. Glossary

Term	Definition and Information	Format	Validation Rules
Abs	Abbreviation for abdominal muscles.		
Abduction	Movement of a limb away from the middle of the body, such as bringing the arm to shoulder-height from a hanging-down position.		
Amino acids	A group of compounds that serve as the building blocks from which protein and muscle are made.		
Bar	The steel shaft that forms the basic part of a barbell or dumbbell. These bars are normally about one inch thick, and they are often encased in a revolving metal sleeve.		
Barbell	Weight used for exercise, consisting of a rigid handle 5-7' long, with detachable metal discs at each end.		
Benches	A wide variety of exercise benches is available for use in doing barbell and dumbbell exercise either lying or seated on a bench. The most common type of bench, a flat exercise bench, can be used for chest, shoulder, and arm movements. Incline and decline benches (which are angled at about 30-45 degrees) also allow movements for the chest, shoulders, and arms.		
Bodybuilding	A type of weight training applied in conjunction with sound nutritional practices to alter the shape or form of one's body. In the context of this book, bodybuilding is a competitive		

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	sport nationally and inter-nationally in both amateur and professional categories for men, women, and mixed pairs. However, a majority of individuals use bodybuilding methods merely to lose excess body fat or build up a too thin part of the body.		
Body fat percentage	The total mass of fat divided by total body mass; body fat includes essential body fat and storage body fat		
Body mass index	Value derived from the mass (weight) and height of an individual. The BMI is defined as the body mass divided by the square of the body height, and is universally expressed in units of kg/m ² , resulting from mass in kilograms and height in meters.		
Bulking Up	Gaining body weight by adding muscle, body fat or both.		
Calories	The unit for measuring the energy value of foods.		
Carbohydrates	Organic compounds containing carbon, hydrogen, and oxy-gen. They're a very effective fuel source for the body. The different types of carbohydrates include starches, sugars, and fibers. ('carbohydrates contain four calories per gram. Glucose-blood sugar-is a carbohydrate used by every cell in the body as fuel.		
Chinning Bar	A bar attached high on the wall or gym ceiling, on which you can do chins, hanging leg raises, and other movements for your upper body. A chinning bar is analogous to the high bar male gymnasts use in national and international competitions.		
Circuit Training	Going quickly from one exercise apparatus to another and doing a prescribed number of exercises on each apparatus, to keep pulse rate		

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	high and promote overall fitness		
Crunches	Abdominal exercises - sit-ups done lying on floor with legs on bench, hands behind neck.		
Curl-Bar	Cambered bar designed for more comfortable grip and less forearm strain.		
Dead Lift	One of three powerlifting events (other two are squat and bench press). Weight is lifted off floor to approximately waist height. Lifter must stand erect, shoulders back.		
Diet	Food and drink regularly consumed by a person, often according to specific guidelines to improve physical condition.		
Dumbbell	Weight used for exercising consisting of rigid handle about 14" long with sometimes detachable metal discs at each end.		
Essential fatty acids (EFAs)	Fats our bodies can't make, so we must obtain them through our diets. These fats (which include linoleic and linolenic acid) are very important to hormone production, as well as cellular synthesis and integrity. Good sources of these fats are flaxseed oil and safflower oil		
Estrogen	Female sex hormone		
Exercise	Each individual movement (e.g., a seated pulley row, barbell curl, or seated calf raise) that you perform in your bodybuilding workouts.		
Fat	One of the macronutrients. Fat contains nine calories per gram; it has the most calories of all the macronutrients. There are two types of fat-saturated "bad" fat and unsaturated "good" fat.		

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Forced Reps	Forced reps are a frequently used method of extending a set past the point of failure to induce greater gains in muscle mass and quality. With forced reps, a training partner pulls upward on the bar just enough for you to grind out two or three reps past the failure thresh-old.		
Free Weights	Barbells, dumbbells, and related equipment. Serious bodybuilders use a combination of free weights and such exercise machines as those manufactured by Nautilus and Universal Gyms, but they primarily use free weights in their workouts		
Fructose	The main type of sugar found in fruit. It's sweeter than sucrose (table sugar).		
Giant Sets	Series of 4-6 exercises done with little or no rest between movements and a rest interval of 3-4 minutes between giant sets. You can perform giant sets for either two antagonistic muscle groups or a single body part		
Glucose	The simplest sugar molecule. It's also the main sugar found in blood and is used as a basic fuel for the body.		
Intensity	The relative degree of effort that you put into each set of every exercise in a bodybuilding workout. The more intensity you place on a working muscle, the more quickly it will increase in hypertrophy. The most basic methods of increasing intensity are to use heavier weights in good form in each exercise, do more reps with a set weight, or perform a consistent number of sets and reps with a particular weight in a movement, but progressively reducing the length of rest intervals between sets.		
Isometric Exercise	Muscular contraction where muscle maintains a constant length and joints do not move. These exercises are usually performed against a wall or other immovable object.		

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Isolation Exercise	In contrast to a basic exercise, an isolation movement stresses a single muscle group (or sometimes just part of a single muscle) in relative isolation from the remainder of the body. Isolation exercises are good for shaping and defining various muscle groups. For your thighs, squats would be a typical basic movement, while leg extensions would be the equivalent isolation exercise.		
Isotonic Exercise	Muscular action in which there is a change in length of muscle and weight) keeping tension constant. Lifting free weights is a classic isotonic exercise.		
Lats	Abbreviation for latissimus dorsi, the large muscles of the back that move the arms downward, backward and in internal rotation.		
Lower Abs	Abbreviation for abdominal muscles below the navel. Max- Maximum effort for one repetition of an exercise		
Meal	Food that's eaten at one time. Each meal should contain a portion (which is the size of the palm of your hand or your clenched fist) of protein and a portion of carbohydrates.		
Metabolism	The use of nutrients by the body. It's the process by which substances come into the body and the rate at which they are used.		
Military press	Pressing a barbell from upper chest upward in standing or sitting position.		
Minerals	Naturally occurring, inorganic substances that are essential for human life, which play a role in many vital metabolic processes.		

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Muscle	Tissue consisting of fibers organized into bands or bundles that contract to cause bodily movement. Muscle fibers run in the same direction as the action they perform.		
Obliques	Abbreviation for external obliques, the muscles to either side of abdominals that rotate and flex the trunk.		
Olympic Barbell	A special type of barbell used in weight lifting and powerlifting competitions, but also used by bodybuilders in heavy basic exercises such as squats, bench presses, barbell bent rows, standing barbell curls, standing barbell presses, and deadlifts. An Olympic barbell sans collars weighs 45 pounds, and each collar weighs five pounds.		
Power Lifts	Three movements used in powerlifting competition: the squat, bench press and dead lift.		
Proteins	Proteins are the building blocks of muscle, enzymes, and sonic hormones. They are made up of amino acids and are essential for growth and repair in the body. A gram of protein contains four calories. Those from ani-mal sources contain the essential amino acids. Those from vegetable sources contain some but not all of the essential amino acids. Proteins are broken up by the body to produce amino acids.		
Repetition (rep)	The number of times you lift and lower a weight in one set of an exercise. For example, if you lift and lower a weight 10 times before setting the weight down, you have completed 10 "reps" in one set.		
Reps	Abbreviation for REPETITIONS.		

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Rest Interval	Pause between sets of an exercise, which allows muscles to recover partially before beginning next set.		
Set	Group of reps (lifting and lowering a weight) of an exercise after which you take a brief rest period. For example, if you complete 10 reps, set the weight down, complete eight more reps, set the weight down again, and repeat for six more reps, you have completed three sets of the exercise.		
Spotter	Person who watches a partner closely to see if any help is needed during a specific exercise.		
Strength Training	Using resistance weight training to build maximum muscle force.		
Super Set	Alternating back and forth between two exercises until the prescribed number of sets is complete.		
Testosterone	The male hormone primarily responsible for the maintenance of muscle mass and strength induced by heavy training. Testosterone is secondarily responsible for developing such secondary male sex characteristics as a deep voice, body hair, and male pattern baldness.		
Upper Abs	Abbreviation for abdominal muscles above navel.		
Warm-up	The 10-15-minute session of light calisthenics, aerobic exercise, and stretching taken prior to handling heavy bodybuilding training movements. A good warm-up helps to prevent injuries and actually allows you to get more out of your training than if you went into a workout totally cold.		
Workout	A bodybuilding or weight-training session.		

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