**EXERCISE-BASED FITNESS ACTIVITIES**

**side arm raise** slow **total body session**

**alternate lunges** **burpee** hypertrophy

**abdominal bracing** moderate **push-ups**

**heart rate zone 1 abdominal curls**

**rest** rowing **valsalva maneuver**

**exercise selection** **abdominal strain injury** weight

**planking** **isometric** **heart rate zone 2**

**time under tension (TUT)** **deltoid** **glute bridge**

**cable woodchepper** exercise order **biceps**

**compound exercise** **heart rate zone 5** **heart rate zone 3**

**wall sit** **movement pattern** **isotonic**

**repetitions** **vigorous** **repetitive strain injury**

**Pull-Up**

**Deltoids**

**Isometric exercise**

flexion of the chest, triceps, shoulders

**Latissimus dorsi, trapezius**

Glutes and Quadriceps

**Rectus abdominus**

**Hinge/Hinging**

**between 60 and 100 bpm**

**Glutes and Hamstrings**

**Isometric**

**Isotonic**

**Eccentric**

**Concentric**

Examples of the topics discuss.

**ABDOMINAL BRACING** - the process of quickly activating all of your core muscles and sucking in your stomach.

**TOTAL BODY SESSION** - multi-level full body workout that targets all of the major muscle groups.

**Time Under Tension (TUT)** - is a term used in strength training that refers to the amount of time a muscle is under stress during a repetition of an exercise.

**Time Under Tension EXERCISES**

1. PUSH-UP
2. LUNGES
3. CURL UP
4. SQUATS

**Isotonic Contraction** - or Isotonic exercise are movement that requires muscles to resist weight over a range of motion, causing a change to the length of the muscle.

**Concentric Contractions** - concentric contraction is a type of muscle contraction in which the muscles shorten while generating force.

**Eccentric Contractions** - eccentric contraction is a type of muscle contraction in which the muscles lengthens as the resistance becomes greater than the force the muscle is producing.

**EXAMPLES OF ISOTONIC EXERCISE**

1. Push-ups >

2. Pull-ups >

3. Alternate lunges >

4. Squat thrust or burpee >

5. Military pres >

6. Bicep curls >

7. Abdominal curls >

8. Side arm raise >

**ISOMETRIC EXERCISE** - are contractions in which there is no change in the length of the muscle. No joint or limb motion

**EXAMPLE OF ISOMETRIC EXERCISE**

**Planking** - Place forearms on the floor with elbows aligned below shoulders and arms parallel to your body at about shoulder width. If flat palms bother your wrists, clasp your hands together.

**Wall Sit** - Start with your back against a wall with your feet shoulder width and about 2 feet from the wall.

**Glute Bridge** - Tighten your abdominal and buttock muscles by pushing your low back into the ground.

**Dead Hang** - Stand behind a pull-up bar, grabbing it with your palms facing away from you in an overhand grip, with your hands slightly wider than shoulder-width apart. Use a keep your arms straight with a slight elbow bend.

**Isometric Squat** - Stand as tall as you can with your feet about shoulder-width apart. Point your toes forward.

**CABLE WOODCHEPPER** - The cable wood chop targets the transverse abdominis and oblique muscles.

**VIGOROUS** - Vigorous activities require the highest amount of oxygen consumption to complete the activity. Examples of vigorous physical activities include: running

**DELTOID** - Your deltoid muscles are in your shoulder, which is the ball-and-socket joint that connects your arm to the trunk of your body. Deltoid muscles help you move your arms in different directions.

**HEART RATE ZONE 5** - A heart rate at 90-100% of your maximum heart rate is usually only attained by professional athletes or those who require bursts of speed, such as 100- to 400-meter runners, who will need to train in heart rate zone 5 in order to improve.

**HEART RATE ZONE 3** - Exercising for 10–40 minutes with a heartbeat of 70-80% of your maximum heart rate will not only burn fat effectively, but will also strengthen muscles as well as building their endurance capabilities.

**HEART RATE ZONE 2** - 60–70% of HRmax This is the zone that improves your general endurance: your body will get better at oxidizing – burning – fat and your muscular fitness will increase along with your capillary density.

**HEART RATE ZONE 1** – When your heart beats at 50-60% of your maximum heart rate while exercising for between 20–40 minutes,

**BICEPS** - The biceps brachii (BB), commonly know as the biceps, is a large, thick muscle on the ventral portion of the upper arm.

**GLUTE BRIDGE** - glute bridges work the gluteus maximus.

**RECTUS ABDOMINOUS** - slung between the ribs and the pubic bone at the front of the pelvis.

**HINGE/HINGING** - designed to primarily target the posterior chain, otherwise known as your backside.

**BETWEEN 60 AND 100 BPM** - A normal resting heart rate for adults ranges from 60 to 100 beats per minute. Generally, a lower heart rate at rest implies more efficient heart function and better cardiovascular fitness.

**GLUTES AND HAMSTRING** - Hamstrings are a group of muscles which run along the backside of your thigh, in between your hips and knees on either side. The gluteal muscles, often called glutes are a group of three muscles which make up the gluteal region commonly known as the buttocks: th

**ABDOMINAL STRAIN INJURY** - An abdominal muscle strain is an injury that happens when muscles in your stomach area stretch too much or tear.

**Exercise selection** - Different exercises place different amounts of stress on a muscle.

**A compound exercise** - is one that uses multiple muscle groups at the same time to perform a movement.

**The latissimus dorsi** muscle is a broad, flat muscle that occupies the majority of the lower posterior thorax. The muscle's primary function is in the upper extremity but is also considered to be a respiratory accessory muscle.

**Trapezius** - either of a pair of large triangular muscles extending over the back of the neck and shoulders and moving the head and shoulder blade.

**Repetitive strain injury (RSI)** is caused by repeated use of a body part, such as your shoulder, elbow, forearm, wrist or hand.

**ISOLATION MOVEMENTS** - on the other hand, tend to focus on a single muscle or muscle group