Foundations: Basic Vocab

# **Basic Workout Vocabulary:**

Now before we get into the details of the program, exercises, and strategies. I want to discuss some **Basic Vocab** that everyone in the gym should be familiar with, and it will be the basis for how I will be communicating in the rest of this program.

**Rep (Repetition):**

* + **A rep** is one complete movement of an exercise. For example, one bicep curl from the starting position back to the starting position is one rep.

**Set:**

* + **A set** is a group of consecutive repetitions. For example, if you do 10 bicep curls without stopping, that is one set of 10 reps.

**Super Set:**

* + **A super set** involves performing two exercises back-to-back without resting in between. This can either target the same muscle group for increased intensity or opposing muscle groups for efficiency.

**Warm-up Sets:**

* + Warm-up sets are lighter sets performed before the main workout to prepare the muscles and joints for heavier lifting. They help increase blood flow, enhance flexibility, and reduce the risk of injury.

**Working Sets:**

* + Working sets are the main sets of an exercise performed with the intended workout weight and intensity. These sets are done after warm-up sets and are where the primary training stimulus occurs.

**Rest Period:**

* + **A Rest** **Period** refers to the period of time taken to recover between sets or exercises. Rest periods can vary depending on the workout intensity and goals, typically ranging from 30 seconds to a few minutes.

**Round:**

* + **A round** typically refers to completing a series of exercises (often as part of a circuit) one time. For example, if you have a circuit with 5 exercises, completing each exercise once is one round.

**Form:**

* + **Form** refers to the correct posture and technique used during an exercise to ensure safety and effectiveness.

**Failure:**

* + **Training to failure** means performing reps until you can no longer complete a rep with good form. This is often used to ensure maximal muscle engagement.

**Range of Motion (ROM):**

* + **ROM** refers to the full movement potential of a joint, usually its range of flexion and extension.

**Intensity:**

* + **Intensity** refers to the level of effort required by an exercise. It can be adjusted by changing weight, speed, or duration of the activity.

**Frequency:**

* + **Frequency** in weight lifting refers to how often you perform a specific exercise or workout. It can be measured in terms of how many times per week a muscle group is trained or how many workout sessions are performed in a given time period.

**Volume:**

* + **Volume** in weight lifting refers to the total amount of work performed in a given session or over a specific period. It is typically calculated as the total number of sets and reps multiplied by the weight lifted. For example, if you perform 3 sets of 10 reps with 50 pounds, your volume for that exercise would be 3 x 10 x 50 = 1,500 pounds.

**Proprioception:**

* + **Proprioception** is the body's ability to sense its position, movement, and orientation in space. It involves the perception of joint and body movements, as well as the relative position of body parts. Proprioception is crucial for coordination, balance, and efficient movement, enabling individuals to perform tasks without directly looking at their limbs.