

# Gym Vocab

## exercises

- deadlift
  - isometric deadlift
- pull-ups
- push-ups
- sit-ups , weighted sit-ups
- presses
  - bench press
  - shoulder press
  - chest press
- squats
  - back squats
  - front squats
  - split squats
  - pistol squats
- clean and jerk
- biceps curls
  - reverse biceps curls
  - preacher curls step-ups on a bench
- rows
- cable crossovers
- crunches
- Lat pulldowns
- hyperextension
- glute exercises
- back extensions
- hamstring curls
- shrugs
- suitcase carries
- triceps extension
- toes-to-bar
- dead hang
- knee raises
- calf raise
- leg curls
- box jumps
- raises
- dips
- donkey kicks
- Jump Rope

- regular jumping
- single leg jumping
- ski jumping
- double-unders
- Nordic curls
- back extensions
- static holds

- strenght exercises
- strenght training moves
- what kind of moves you're going to do with this equip?
- resistance training
- hypertrophy
- a trainee
- there is usually some knurling on a dumbbell handle
- free weight
- kettlebells often have a slick handle to improve grip strength
- pull-up assistance
- low-impact resistance training ( with resistance bands)
- an adjustable bench can be adjusted on an incline or decline ( to create an incline or decline bench)
- gymnastic movements
- posterior chain (back side of the body )