1. The stack pointer points to the top of the stack. The AVR stack pointer is a two bit special function register: SPH and SPL, pseudocode for implementation: Load immediate from R16 the byte of SRAM address, Write to SPL, Load immediate from high byte of END SRAM Address and write to SPH.
2. Loads one byte pointed to by the Z register into the a destination register. To use it, initialize the Z pointer high and low, then load the values into a register.

Pseudocode: Initialize Z high, initialize Z low, Load constant from program

Source: <http://www.atmel.com/webdoc/avrassembler/avrassembler.wb_LPM.html>

1. The m128def.inc includes I/O definitions, bit definitions, SPI data registers, control registers, status registers, USART I/P registers, ports and pins, interrupt vectors. A good example of using this definition file is if you are looking for what I/O registers you can use, you would use the ones that are not memory mapped and you can see this by looking in m128def.inc