

Name:

Date:

<p style="text-align: center;"><b>Resistance Training Terms &amp; Vocabulary Sheet I</b></p>
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Directions: Research the meaning of each of the following terms as they apply to exercise & or resistance training. DO NOT JUST COPY the definition from Dictionary.com.

1. Basic
  
2. Atrophy
  
3. Auxiliary
  
4. Closed Chain
  
5. Compound
  
6. Concentric Contraction
  
7. Duration
  
8. Exercise Volume
  
9. Frequency
  
10. Functional
  
11. Hyperplasia
  
12. Hypertrophy
  
13. Intensity
  
14. Isolated
  
15. Open Chain

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16. Pull

17. Push

18. Reps

19. Set

20. Target Muscle

21. Workload