

Name:

Date:

<p style="text-align: center;"><b>Resistance Training Terms &amp; Vocabulary Sheet II</b></p>
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1. Close Grip
2. Circuit Training
3. DOMS
4. High Intense Training
5. Lever
6. Narrow Grip
7. Repetition Maximum
8. ROM
9. Time under Tension
10. Wide Grip
11. Weight or Weighted
12. 1RM
13. Transfer Specificity
14. Prehabilitation
15. ATP