

Key words

Aerobic Exercise - is any physical activity that uses large muscle groups and causes the body to use more oxygen than it would while resting.

Anaerobic Exercise - is a physical exercise intense enough to cause lactate to form. It is used by athletes in non-endurance sports to promote strength, speed and power.

Athlete (American English) or sportsman/ sportswoman (British English) - is a person who is good at a sport and competes in one or more sports that involve physical strength, speed or endurance. The terms apply to those who participate in other activities, such as horse riding or driving, is somewhat controversial.

Barbell - is a piece of exercise equipment used in weight training, bodybuilding, weightlifting and powerlifting, consisting of a long bar, usually with weights attached at each end.

Bench Press - is an upper body strength training exercise that consists of pressing a weight upwards from a supine position.

Bridge- is a grappling move performed from a supine position, lying down face-up. It involves lifting the pelvis off the ground so that the body weight is supported on the shoulders (or head) at one end and on the feet at the other

Callisthenics - are exercises consisting of a variety of gross motor movements—running, standing, grasping, pushing, etc. to increase body strength, body fitness, and flexibility.

Concentric Contraction - muscle tension is sufficient to overcome the load, and the muscle shortens as it contracts. This occurs when

the force generated by the muscle exceeds the load opposing its contraction.

Cycling – Riding a bicycle typically involves longer distances than walking or jogging. This is another low stress exercise on the joints and is great for improving leg strength.

Eccentric Contractions - normally occur as a braking force in opposition to a concentric contraction to protect joints from damage.

Elliptical Training – This is a stationary exercise machine used to perform walking, or running without causing excessive stress on the joints. This form of exercise is perfect for people with achy hips, knees and ankles.

Flexibility - refers to the range of movement in a joint or series of joints, and length in muscles that cross the joints to induce a bending movement or motion

Isometrics - are a type of strength training in which the joint angle and muscle length do not change during contraction (compared to concentric or eccentric contractions, called dynamic/isotonic movements). Isometrics are done in static positions, rather than being dynamic through a range of motion.

Jogging - straight's in steady and gentle pace. This form of exercise is great for maintaining weight.

Physical Exercise - is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

Plank - is an isometric core strength exercise that involves maintaining a position similar to a push-up for the maximum possible time.

Plyometrics - also known as "jump training" or "plyos", are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength).

Sprinting – retaining the whole body weight in air for few seconds or running short distances as fast as possible

Swimming – Using the arms and legs to keep oneself afloat and moving either forwards or backwards. This is a good full body exercise for those who are looking to strengthen their core while improving cardiovascular endurance.

Treadmill Training – Many treadmills have programs set up that offer numerous different workout plans. One effective cardiovascular activity would be to switch between running and walking. Typically, warm up first by walking and then switch off between walking for three minutes and running for three minutes.

Walking – Maintain anyone foot contact on floor or platform. Moving at a fairly regular pace for a short, medium or long distance.

Weight Plate- is a flat, heavy object, usually made of cast iron, that is used in combination with barbells or dumbbells to produce a bar with a desired total weight for the purpose of physical exercise.