

# Vocabulary

## Vocabulary

*Study the vocabulary words and definitions below.*

**calisthenics** ..... exercises that use the weight of one's body as resistance

**fast-twitch muscle fiber** ..... strands in the muscle that contract quickly and are useful for short, intense bursts of action; also called *white muscle fiber*

**fatigue** ..... tiredness or exhaustion; to tire out

**free weights** ..... objects of various weights used for developing or increasing muscular fitness  
*Examples:* barbells and dumbbells

**isokinetic exercises** ..... exercises done on specially designed exercise machines that work the muscle with maximum resistance throughout the muscle's entire range of motion

**isometric exercises** ..... exercises that work a muscle against an immovable object

**isotonic exercises** ..... exercises that cause a muscle to lengthen and shorten through a full range of motion while lifting and lowering a weight or resistance

**muscle fiber** ..... the basic unit of the muscular system; a strand of fiber

# Vocabulary

- muscle tone** ..... firm and defined muscle quality resulting from muscular strength and endurance exercises
- muscular endurance** ..... the ability to use certain muscles repetitively for a long period of time without tiring
- muscular fitness** ..... the two health-related components of physical fitness: muscular strength and muscular endurance
- muscular strength** ..... the ability of muscles to exert a force one time
- power** ..... the ability to combine maximum strength and speed in a movement
- repetitions** ..... the number of times a complete exercise is performed; also called *reps*
- resistance training** ..... exercises in which a muscle or group of muscles repeatedly push or pull against an opposing force; also called *weight training*
- set** ..... a group of repetitions performed without resting
- skeletal muscles** ..... muscles that attach to the skeletal bones by tendons

# Vocabulary

**slow-twitch muscle fiber** ..... strands in the muscle that contract slowly and have the ability to work for long periods of time; also called *red muscle fiber*

**weight training** ..... exercises performed against resistance to develop and improve muscular strength and endurance; also called *resistance training*