

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Principles of Weight Training ~ Vocabulary



Vocabulary Checklist

- Exercise
- Repetition
- Set
- Frequency
- Intensity
- Positive Movement
- Negative Movement
- Resistance
- Rest/Recovery
- Collar

Definition

- ✓ *A particular lift or movement.*
- ✓ *One complete action of an exercise (up and down).*
- ✓ *A predetermined number of repetitions completed one right after the other.*
- ✓ *The number of training sessions completed in a specified period of time.*
- ✓ *The percentage of maximum effort exerted.*
- ✓ *The portion of a lift where the bar or weight is being lifted (concentric).*
- ✓ *The portion of a lift where the bar or weight is being lowered (eccentric).*
- ✓ *The weight or load the muscle is working against.*
- ✓ *The amount of time taken between sets or exercises to recuperate.*
- ✓ *A piece of safety equipment that is placed on the ends of a weight bar to prevent the weights from falling off.*

Getting Smart