

# Weightlifting Terminology 101

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March 21, 2016

Have you ever had someone walk up to you and say something along the lines of, “Hey there, how many more sets do you have because today is my push day and I’m doing supersets right now? How many more reps do you have so I can work in with you?”

Slow down Arnold. We aren’t all from Gym-topia.

Here are 21 terms used in weight lifting:

1. **Body Composition**- Amount of fat vs. lean muscle tissue in the human body.
2. **Core**- the muscles of the torso, especially the lower back and abdominal area, which assist in the maintenance of good posture, balance, etc
3. **Crossfit**- functional movements that are constantly varied at high intensity
4. **Drop-set**- technique where you perform an exercise and then drop (reduce) the weight and continue for more reps until you reach failure
5. **Fast Twitch Muscle Fibers**- Fibers that are better suited for high-force, short duration activities because they contain more stores for anaerobic energy utilization.
6. **Fitness Assessment**- a series of tests that helps your trainer determine your physical fitness level and aids in developing your personalized program

“Wanna go to the Monarch Training Zone to do Crossfit?”

7. **Flexibility**- The measure of the range of motion, or the amount of movement possible, at a particular joint.
8. **Free Weights**- a weight used in weightlifting that is not attached to an apparatus

9. **HIIT** (High Intensity Interval Training)- system of organizing cardiorespiratory training which calls for repeated bouts of short duration, high-intensity exercise intervals intermingled with periods of lower intensity intervals of active recovery
10. **Hypertrophy**- the enlargement of an organ or tissue from the increase in size of its cells
11. **Isometric Exercise**- Any activity in which the muscles exert force but do not visibly change in length
12. **Lagging Body Parts**- fall behind in movement, progress, or development; not keep pace with another or others
13. **Muscle Endurance**- The ability of the muscle to perform repetitive contractions over a prolonged period of time.
14. **Muscle Tear**- are partial or complete ruptures of the *muscle* tissue in your body
15. **PR** (Personal Record)- term used to describe the highest weight or fastest time completed by an individual compared to previous attempts
16. **Reps** (Repetitions)- the number of times you perform an exercise
17. **Sets**- the number of cycles of reps that you complete
18. **Spot** (Spotter)- to observe or assist during the performance of an exercise in order to minimize the chance of injury
19. **Straps**- fabric or leather strips that wrap around the lifter's hands and bar to secure the grip on the bar.
20. **Superset**- a technique where you perform two exercises in a row with next to no rest in between
21. **Working In**- to share a piece of equipment at the gym with someone else by alternating sets on an exercise machine or free weights