



# FITNESS TERMS

## **Agility**

The ability to rapidly change directions without the loss of speed, balance, or body control.

## **Cardio Kickboxing**

A combination of aerobics, boxing, and martial arts that can improve strength, aerobic fitness, flexibility, coordination, and balance.

## **Circuit Training**

A series of exercises with relatively brief rest intervals, which is designed to keep the heart rate elevated near the aerobic level without dropping off.

## **Core Training**

Exercise techniques targeted at the abdominals, lower back, hips and spine.

## **Flexibility**

The measure of the range of motion, or the amount of movement possible, at a particular joint.

## **Full Body Sculpting**

Exercise programs that are designed to help tone the muscles in specific areas of the body.

## **Functional Training**

A classification of exercise which involves training the body for the activities performed in daily life.



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## **Plyometrics**

A type of exercise using explosive movements to develop muscular power, especially, bounding, hopping, and jumping.

## **Risk Factors**

Conditions associated with increased chance of disease, infection or health complications.

## **Sports Development**

Cultivating the knowledge, skills and techniques that enhance performance in a specified sport

## **Strengthening & Conditioning**

Also called resistance training, this consists of exercises with progressively heavier resistance for the purpose of strengthening the musculoskeletal system (muscles, bones, joints, ligaments and tendons).

## **Weight Loss Management**

Providing structured guidance for weight reduction including meal recommendations, fitness routines and pacing.

## **Weight Training**

A type of strength training for developing the strength and size of skeletal muscles.