SOPHOMORE TERMS # 1

**HOMEOSTASIS:** Regulation and maintenance of constant internal conditions is an organism.

**WARM-UP**: Can increase the blood flow to the working muscles, which will results in decreased muscle stiffness, less risk of injury and improved performance. Generally should last 5 – 10 minutes.

**TRAINING ECONOMY:** C*hoosing the exercises and* *training methods that give you the quickest results in the shortest possible time.* It's important to know that ALL EXERCISES WERE NOT CREATED EQUAL! For example, the deadlift is an "economical" exercise because it works a TON of muscle mass at once. Deadlifting works the low back, glutes, hamstrings, quads, forearms, upper back, and traps. This one exercise can literally take the place of a dozen less productive exercises.

Joe DeFranco

**STATIC STRETCHING:** Involves stretching to the limit of motion without forcing the stretch and holding the position without movement for a given time.

**DYNAMIC STRETCHING:** Controlled movements to improve range of motion, loosens up muscles and increases heart rate, body temperature, and blood flow to help you perform more efficiently.

**REPETITIONS:** Number or times an exercise is performed. Often called “reps.”

**SETS:** A group of repetitions. Between sets there is a longer recovery than between repetitions.

**HYPERTROPHY:** Muscle growth, which is a direct result of some form of resistance training.

**ATROPHY:** Loss of muscle size and strength, often times due to lack of use or medical condition.

**SPOTTER:** A Partner or someone who helps to perform an exercise or workout.