

## QUIZ 3 Terms

- A.** The use of a muscle beyond its normal requirements
- B.** Usually referred to as a % of RM
- C.** Sequential stations set up to stress both muscular strength and cardiovascular endurance
- D.** Working heart rate calculated using age, resting heart and selected work intensity. Use for monitoring intensity of cardiovascular conditioning.
- E.** Progressively increasing the intensity load as the muscle adapts to the new demands. Greater loads are required to maintain the overload as the muscle adapts to the stress of work
- F.** 15-25 Continuous contractions at some percentage of the 1 RM
- G.** Specific exercise routines that break down the calendar year to training cycles designed for a specific peak or competition
- H.** Exercise that is done for a specific muscle group and at a certain speed, joint angle, and using a particular type of contraction
- I.** Specific competition training to achieve a greater 1 RM in the bench press, dead lift and squat
- J.** Specific and highly technical lifts used to develop power
- K.** Exercises that utilize principals of the muscle stretch reflexes in power development
- L.** Training regime which achieves a large amount of muscular hypertrophy and definition
- M.** Number of times a particular exercise is preformed per week

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| <b>1.</b> Body Building          | <b>8.</b> Olympic Lifting        |
| <b>2.</b> Target Heart Rate      | <b>9.</b> Power Lifting          |
| <b>3.</b> Progressive Resistance | <b>10.</b> Periodization Cycling |
| <b>4.</b> Intensity              | <b>11.</b> Specificity           |
| <b>5.</b> Muscular Endurance     | <b>12.</b> Plyometrics           |
| <b>6.</b> Frequency              | <b>13.</b> Circuit Training      |
| <b>7.</b> Overload               |                                  |