

Atrophy

Decrease in the size of the muscle due to the termination of a lifting program, nerve damage, or restriction like casting.

Hyperplasia

Increase in the number of muscle fibers.

Hypertrophy

Increase in the size of muscle fibers.

Concentric

Shortening contraction of muscle fibers.

Eccentric

Lengthening of the muscles during the development of tension.

Isokinetic

Maximal contraction of constant speed and accommodation resistance through a full range of motion.

Isometric

Development of muscle tension with no change in joint angle.

Isotonic

Contraction of constant resistance but variable tension throughout the range of motion.

Delayed Muscle Soreness

Muscle soreness that appears 24-48 hours after resistance training or eccentric exercise.

Acute Muscle Soreness

Muscle soreness that is present during exercise or immediately after. The pain fades away quickly after exercise stops.

Muscular Power

The combination of strength and speed.

Muscular Strength

Maximal force that can be exerted for one repetition 1 RM.