

1. The proportions of body fat and lean body tissue

2. Working heart rate calculated using age, resting heart and selected work intensity. Use for monitoring intensity of cardiovascular conditioning.

3. Amount of rest taken between sets and workouts.

4. Hand-held weights varying in size from 1 pound to 150 pounds.

5. Typically a 15, 25, 35, or 45 pound bar on which free weight plates are loaded or fixed.

6. Group of repetitions done without rest.

7. Barbells, dumbbells or anything form of equipment on which plates are loaded or fixed.

8. Machines which utilize cams, chains, cables, and have selected weight plates to choose from.

9. Number of times you perform a particular movement per set.

1. Body Composition
2. Target Heart Rate
3. Rest Periods
4. Dumbbell
5. Barbell
6. Set
7. Free Weights
8. Machine Weights
9. Repetition