



Guide To

WEIGHT LIFTING

TERMINOLOGY

Let's define some of the most common terms and abbreviations in fitness!

WORKOUT RELATED TERMS

Rep	AKA Repetitions, or the number of times you perform the movement for a particular exercise
Set	The number of rounds that you perform the prescribed number of reps, with rest time in-between
Rest	How long you wait in-between performing sets
Tempo	The pace at which an exercise is performed, typically 2/4/0 (2 second concentric, 4 second eccentric, and 0 second isometric.) See these terms defined below
Positive AKA Concentric	The contraction of the muscle during an exercise that causes shortening/flexing of the muscle
Negative AKA Eccentric	The contraction that leads to relaxing and lengthening of a muscle as you return to starting position
Isometric	The point when tension is constant but there is no shortening or lengthening of the muscle occurring. Sometimes called the "pause". Isometric contractions can be exercises all on their own, like a wall sit for example
Time Under Tension	The length of time that a muscle is being stimulated during reps
Straight Set	This means that you are to perform the prescribed number of reps, then take your rest, then perform the same number of reps again until you have completed all sets
Superset (SS)	Performing two exercises back to back without rest, then taking a rest after both are completed
Drop Set (DS)	Performing prescribed initial reps, then decreasing the weight by ~30% and performing subsequent reps without rest
Circuit	Performing the prescribed exercises (usually 3 or more) continuously without resting or with MINIMAL rest in-between sets
HIIT	High Intensity Interval Training. Shorter duration, fast & intense intervals using anaerobic metabolism to increase your body's oxidative capacity, energy efficiency, and boost metabolism
LISS	Low Intensity Sustained State. Longer in duration, constant pace, and uses aerobic metabolism for fat burning
1RM	One rep max, or the most weight you can use and complete 1 rep for any particular exercise

TERMINOLOGY CONT.

PR	Personal Record, ie the most weight you've ever lifted for a particular exercise
Muscle Hypertrophy	The growth of a muscle due to the enlargement of its individual cells
High Rep	Using higher repetitions, usually 15 reps or more with 40% or more of your 1RM to achieve goals related to endurance
Low Rep	Using lower repetitions, usually 1-5 with 80-90% of your 1RM to achieve goals related to strength
Plate	A flat, set-weight object that is loaded onto certain machines or barbells to achieve desired resistance for exercise
DB	Dumbbell
BB	Barbell
KB	Kettle Bell
Band	Resistance Band
Loop Band	Resistance band in the shape of a closed-loop circle meant to (most commonly) be placed around the ankles or thighs for lower body exercises. These CAN also be used for certain upper body workouts
Handle Band	Resistance bands that are straight lines with grip handles on both ends; can be used for full body workouts
SL	Single Leg

MEASURING YOUR INTENSITY

BORG CR-10 RPE SCALE

RPE 0	←.....→	Nothing at all
RPE 1	←.....→	Light/little effort
RPE 2	←.....→	
RPE 3	←.....→	
RPE 4	←.....→	
RPE 5	←.....→	Warmup sets
RPE 6	←.....→	
RPE 7	←.....→	High effort/working sets
RPE 8	←.....→	
RPE 9	←.....→	
RPE 10	←.....→	Max Effort

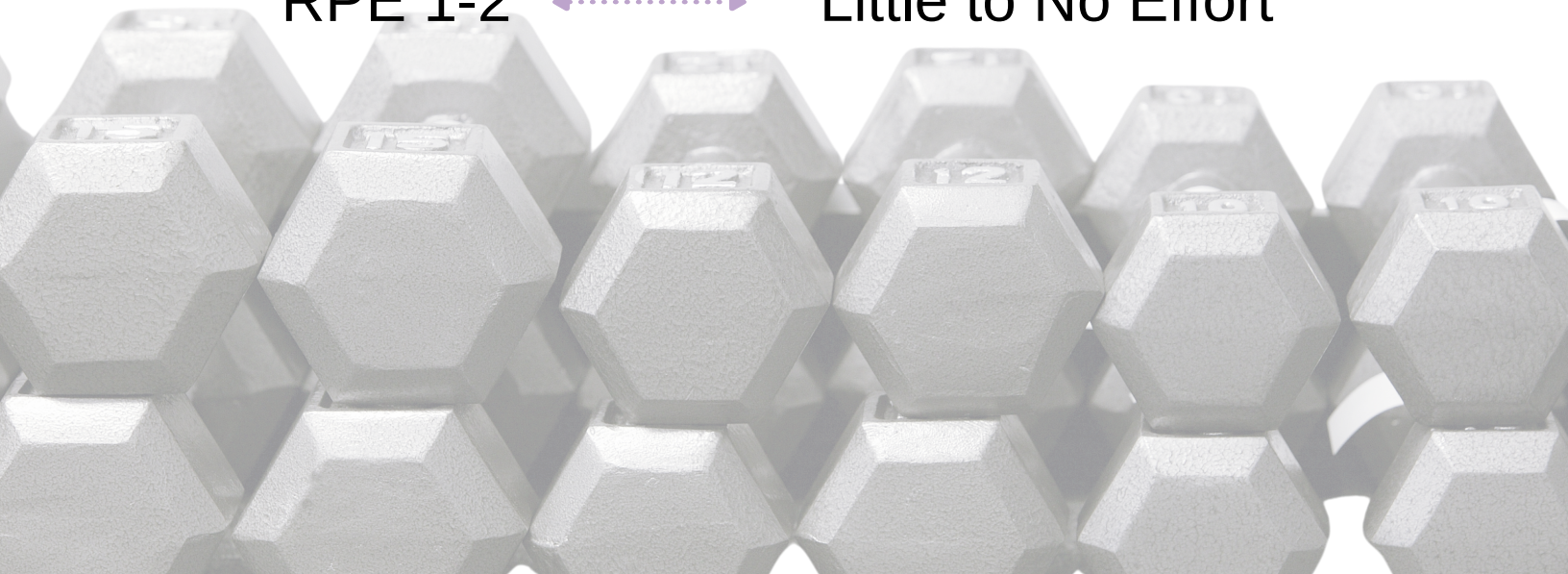


MEASURING YOUR INTENSITY

REPS IN RESERVE

Reps In Reserve (RIR) refers to how many more reps you could perform before reaching failure or technical failure. This indication will allow you to pick a weight according to the intensity prescribed for a specific exercise while also taking into consideration how you are feeling. Using RIR allows you to make sure you are using weights that leave you with the same intensity of training no matter your strength that day.

RPE 10	←.....→	0RIR (Maximal Effort)
RPE 9	←.....→	1RIR
RPE 8	←.....→	2RIR
RPE 7	←.....→	3RIR
RPE 5-6	←.....→	4-6RIR
RPE 3-4	←.....→	Light Effort
RPE 1-2	←.....→	Little to No Effort



MEASURING YOUR INTENSITY

REPS IN RESERVE EXAMPLES

EXAMPLE 1: DB RDL FOR 12 REPS WITH 1 RIR

Your goal is to pick a weight that you can perform 12 reps with while only having 1 possible rep left in the tank. If you were to train to actual failure you could have only performed 13 reps with this weight.

Some days performing an RDL with 50lb DB's may be a breeze but on others 40lb's may leave you trembling. As long as the weight you choose allows you to hit that 12 rep mark while only leaving 1 rep in the tank, the intensity of that exercise is perfect! This way it really doesn't matter if your strength was up at that 50lb mark or a little lower only allowing you to move the 40lb's, you are reaching the same intensity with the workout.

EXAMPLE 2: BARBELL SQUAT FOR 8 REPS WITH 2 RIR

This means you should be performing 8 reps with only 2 possible reps left before hitting failure.

EXAMPLE 3: LEG PRESS FOR 15 REPS WITH 4 RIR

Since you are leaving 4 reps in reserve (in the tank), that means using this exact weight should have had you hitting failure at 19 reps!



DEFINING TECHNICAL FAILURE

TECHNICAL FAILURE

Technical failure is the point where form begins to fail, or when muscles other than the target muscles are becoming most fatigued.

EXAMPLE:

When performing a Barbell Bent Over Row, you may start to experience form failure with noticeable excess lumbar flexion (lower back rounding) - this would be Technical Failure. Or, you may never experience a noticeable breakdown in form but may reach a point where you notice your biceps and lower back are more fatigued than your lats. Although the biceps and lower back are not the primary target of the Bent Over Row, this would also be Technical Failure.