



## Fitness Vocabulary from A to Z: Part 1

*By Joe Stein, President*



Conventional wisdom says actions follows thought. Before you can get fit, you have to think fit.

Below please find a brief lexicon designed to help you talk like a trainer.

- A. Anaerobic: Technically means without oxygen. This is the energy system our muscles use to lift heavy weights or generate substantial speed in a short time.
- B. Biceps: Muscles that flex the arm at the elbow in the sagittal plane. Also known as “Big Guns.”
- C. Clients: The people personal trainers live to serve. Why we get up at 4AM and work on weekends.
- D. Diet: (A dirty four-letter word) technically meaning “a way of life,” this has become synonymous with depriving one’s self of certain foods. Avoid at all costs.
- E. Erector spinae: Muscles used to extend the trunk at the lower spine. Low back extensions and squats are exercises to keep these often-forgotten little giants in good repair.
- F. Fat: An essential nutrient often maligned. With each gram containing a hefty nine calories, it is nutrient dense, yet has much merit. Needed for the absorption of vitamins A, D, K and E. The fat content in food is what helps you feel satisfied.
- G. Golgi Tendon Organ: (GTO) Small sensory devices within the tendons of our body. When muscles are stretched too far, these early warning systems inhibit the muscle from too much force and protect us from injury.
- H. Hammer Curls: A type of arm curl that emphasizes the forearm muscles more than the biceps.

- I. Infraspinatus: If you know about this small muscle, you are either an orthopedist, personal trainer or a person who has shoulder problems. The infraspinatus, along with the teres minor is the rotator cuff muscle responsible for laterally rotating the arm.
- J. Jackson-Pollock: Not the Twentieth Century American abstract painter. Rather the two researchers, Andrew S. Jackson and M.L. Pollock, who developed a methodology that correlates subcutaneous skin fold analysis to overall body fat.
- K. Potassium: This is a trick answer...K is the Periodic Chart symbol for potassium. Potassium is an important nutrient as it helps lower blood pressure, reduce risk of kidney stones and prevent bone loss among other benefits. Foods high in K are apricots, bran wheat, raisins, figs and baked potatoes with the skin.
- L. Lunges: A challenging leg exercise, which stresses quadriceps, glutes and hamstrings. One foot is placed in front of the other, about eight inches apart, toes facing forward. Legs are bent until your body is lowered and the knee on the back leg approaches or touches the floor.
- M. Mitochondria: The part of our cell structure, which uses the oxygen extracted from the blood. The more aerobically fit you are, the denser your muscle cells become with these little engines. The more mitochondria your muscles contain, the higher your metabolic rate. The higher the metabolic rate, the more calories you burn at rest. The more calories you burn at rest, the easier it is to maintain or reduce your weight.

To help continue your education next month, we'll cover the second half of the alphabet of fitness, from Negatives to Z. So eat foods high in K, be careful not to injure your erector spinae and continue your anaerobic training.

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