Circuit training: Training technique that involves moving from one exercise type to another, so that each exercise works a different muscle group.

Concentric: This is the positive or lifting portion of an isotonic contraction.

Cool down: Time of an exercise program that follows the workout and helps the body reduces the heart rate in a controlled manner.

Cross-training: Training technique that involves utilizing different types of unrelated exercise to provide variety and reduce overtraining injuries.

Dehydration: Expenditure of fluids from the body to below normal levels.

Eccentric: The negative or lowering phase of an isotonic contraction - also called negative curls.

Ectomorph: This body type is known as a light build and slight muscular development.

Endomorph: This body type is known as a stocky build, wide hips, and the tendency to easily store body fat.

**Electrolytes-** The minerals and salts in the body, e.g. sodium, potassium, calcium

Ergogenic Aid: Performance enhancing substance.