

Muscular Endurance-the ability of the muscles to perform physical tasks over a period of time without becoming fatigued.

Physical Fitness- The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands

Frequency- How often a person repeats a complete exercise session

Caloric- the number of calories burned to produce energy for a task

Interval Training- An excessive session in which the intensity and duration of exercise are consciously alternated between harder and easier work

Overexertion- Overworking the body