

Flexibility- the ability to move a body part through a full range of motion

Cool-Down- An activity that prepares the muscles to return to a resting state

THR(Target Heart Rate)- the heart range at which one aims to exercise, usually at 60-90 percent of the maximum heart rate

Isometric- Muscle action in which the muscle attempts to contract against an immovable object

Obesity- Having an excess amount of body fat

Carotid Pulse- the pulse on the side of the neck