

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

Hydration- Taking in fluids so that the body functions properly

MHR (maximum heart rate)- the highest heart rate of which an individual is capable.

Max Heart Rate = 220-persons age

Isotonic- A muscle contraction against a constant resistance, as in lifting a weight

Lactic Acid- The end product of the metabolism of glucose for anaerobic conditioning

Heat Stroke- A condition in which the body loses the ability to rid itself of excessive heat through perspiration

Body Composition- the ratio body of fat to lean body tissue, including muscle, bone, water, and connective tissue such as ligaments, cartilage, and tendons.