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Training Program- A program of formalized physical preparation for involvement in a sport or another physical activity

Intensity- the level of exertion during exercise

Time- the time spend in a single exercise session

Type- what kind of exercise a person is doing

Fast Twitch- Muscle fiber type that contracts quickly and is used most in intensive, short duration exercises, such as weightlifting or sprints

Slow Twitch- muscle fiber type that contracts slowly and is used most in moderate intensity, endurance exercises, such as distance running

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Hypothermia- A condition in which body temperatures become dangerously low

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