

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

Warm-Up- An activity that prepares the muscles for work

HR(Heart rate)-number of beats per minute

Overload- Working the body harder than it is normally worked

Asthma- an inflammatory condition in which the trachea, bronchi, and bronchioles become narrowed, causing difficulty in breathing

Anabolic Steroids- Synthetic substances similar to the male hormone testosterone