

Strength- the amount of force a muscle can exert

Exercise- purposeful physical activity that is planned, structured, and repetitive and that improves or maintains personal fitness

Anaerobic-Intense short bursts of activity in which the muscles work so hard that they produce energy without using oxygen

Specificity- Particular exercises and activities that improve particular areas of health-related fitness

Metabolism- The process by which the body breaks down substances and gets energy from food

Dynamic Stretch-a type of sports fitness routine in which momentum and active muscular effort are used to stretch and the end position is not held