

Cardiovascular fitness

- **Heart Rate:** Heart rate refers to the number of times the heart beats per minute, an important indicator of cardiovascular fitness during exercise.
- **Endurance:** Endurance in cardiovascular fitness refers to the ability of the heart, lungs, and muscles to sustain prolonged physical activity.
- **Blood Pressure:** Blood pressure measures the force of blood against the walls of arteries. Normal range is typically around 120/80 mmHg.
- **Cardiovascular System:** The cardiovascular system is comprised of the heart, blood vessels, and blood, responsible for transporting oxygen and nutrients throughout the body.
- **VO2 Max:** VO2 max is the maximum amount of oxygen a person can utilize during intense exercise, measuring cardiovascular fitness levels.
- **Pulse:** Pulse refers to the rhythmic throbbing of arteries as blood is pumped by the heart, often used as a measure of cardiovascular fitness during exercise.
- **Circulation:** Circulation refers to the movement of blood through the blood vessels, delivering oxygen and nutrients to the body's tissues.
- **Aerobic Exercise:** Aerobic exercise is a form of physical activity that increases the heart rate and improves cardiovascular fitness by utilizing oxygen.

Strength training

- **Muscular Endurance:** Muscular endurance is the ability of a muscle or group of muscles to repeatedly exert force over an extended period.
- **Squats:** Squats are a compound strength training exercise that targets the lower body muscles including quadriceps, hamstrings, and glutes.
- **Sets:** Sets in strength training refer to a group of consecutive repetitions of an exercise, typically completed before taking a rest.
- **Resistance:** Resistance in strength training refers to the force that muscles must overcome to perform an exercise, typically using weights or bands.
- **Repetitions:** Repetitions refer to the number of times an exercise is performed in a strength training routine to target specific muscle groups.
- **Dumbbells:** Dumbbells are handheld weights used in strength training exercises to target specific muscle groups and improve overall fitness.
- **Deadlifts:** Deadlifts are a compound strength training exercise that involves lifting a barbell or weight off the ground using proper form.

- **Barbell:** A barbell is a long, straight weightlifting tool with weights on each end used for various strength training exercises.

Endurance

- **Aerobic Exercise:** Aerobic exercise refers to physical activity that increases heart rate and improves cardiovascular endurance through sustained, rhythmic movements.
- **Endurance:** Endurance is the ability to sustain prolonged physical or mental effort, allowing individuals to push through fatigue during exercise.
- **Endurance Training:** Endurance training is a type of exercise focused on improving cardiovascular fitness and stamina through prolonged, moderate-intensity physical activity.
- **Longevity:** Longevity in endurance exercising refers to the ability to sustain physical activity over a prolonged period of time.
- **Perseverance:** Perseverance in exercising refers to the ability to persist and continue pushing through physical challenges and obstacles without giving up.
- **Resilience:** Resilience in endurance exercising refers to the ability to push through physical and mental challenges to reach fitness goals.
- **Stamina:** Stamina refers to the physical and mental strength needed to sustain prolonged physical activity or exercise without getting tired.

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