



GLOSSARY OF FITNESS TERMS

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Dynamic Holds: In fitness, a dynamic hold is when you're holding a static hold and incorporating a small, controlled movement for a little extra challenge and added fun. Dynamic holds described in this book include handstand shoulder taps, handstand hollow body pull-aways, hollow body rocks, L-sits and L-hangs while pulsing the legs up and down, v-ups and straddle-ups.

Eccentric Lowers: The slow and controlled descent phase of a movement, emphasizing muscle lengthening. This is where you build the most strength.

Glutes: Short for gluteal muscles, glutes are the muscles in your rear end. They're some of the strongest muscles in your body and play a huge role in movement and stability. They're what power your squats, lunges, and deadlifts.

Kipping: A technique that uses momentum from your hips and core to help perform bodyweight movements—usually on a bar or rings—faster or more efficiently.

Lats: Short for latissimus dorsi, lats are the big, flat muscles that insert at the upper arm and originate from multiple points across the back. The lats connect the spine, pelvis, ribs, and upper arm. Strong lats are needed for spinal stability and posture, internal rotation of the shoulder, shoulder adduction, and shoulder extension.



Midline: Imagine a vertical line that runs straight down the center of your body from the top of your head all the way to the floor. That's your midline.

Obliques: The muscles that run along your sides from your ribs down to your hips. They help you twist, bend sideways, and keep your core stable.

Parallettes: Small, portable pieces of exercise equipment that resemble mini parallel bars typically made of wood or metal with rubber or non-slip bases. Think of them as the Swiss Army knife of bodyweight training equipment — compact, but super versatile.

Pike: A body position where your hips are bent sharply, and your upper body and legs are straight, forming a "V" shape.

Planche: Bodyweight movements where you hold your body parallel to the ground, supported only by your hands with no feet or other body parts touching the ground.

Posterior Chain: The group of muscles that run along the back side of your body, from your neck down to your heels. These muscles help you stand tall, lift heavy, run fast, and move powerfully.

Quads: Short for quadriceps, quads are the big muscles on the front of your thighs. They're the ones that do a good portion of the work, shared with your posterior chain, when you stand up, squat, lunge, or climb stairs.

Shoulder Girdle: The group of bones and muscles that connect your arms to your upper body and allow your shoulders to move freely in all directions.



Static Holds: In fitness, a static hold is like hitting pause in a workout and using your muscles to keep you still and strong in a position. Static holds described in this book include hollow body position, L-sits/tuck sits, L-hangs/tuck hangs, handstand holds, support hold on rings/dip bars/parallel bars, bottom of the dip hold, lat active neutral position on the bar, chin above the bar hold, front lever, back lever, front/back tuck lever, tuck planche, full planche, plank variations, pike holds, and tight arch position.

Thoracic: Anything related to your upper and middle back—the part of your body that helps you twist, reach, stand tall, and breathe well.

Sets and Reps: The first number listed equals the total number of SETS to be completed. The second number listed equals the total number of repetitions to be completed.

Example: 3x8 DB Bench Press = 3 sets of 8 reps

Each set of strength movements should increase in weight. Allow yourself enough rest in between sets in order to recover and push yourself to go up on each set. Rest between sets will vary between individuals based on ability but can be anywhere from 30 seconds to 3 minutes.

Set 1: 50lbs (moderate weight)

Set 2: 60lbs (heavy weight)

Set 3: 65lbs (very challenging weight, last few reps may require a spot)

Increase in weight will vary based on individual feel. If you fail on last rep of last set, that is OK. Rest as required and completed last rep.

Example: rep #7 completed, rep #8 failed, rest, complete last rep.



Tempo Explanation: The first number will always represent the eccentric portion aka the descent of a movement. The second number will always represent the pause at the bottom of the eccentric portion. The third number or symbol will always represent the concentric portion aka the ascent of the movement. The fourth number will always represent the pause at the top.

31x1 = 3 seconds down, 1 second pause in bottom, x = explode up, 1 second pause at top. For example, on the back squat 31x1 would look like this: 3 seconds down, 1 sec pause at bottom of squat, up as quickly as possible, and 1 sec pause at top.

Tempo work allows us to increase time under tension without adding extra stress to the body or overtaxing the central nervous system. It is also a great way to build strength and increase difficulty without adding extra external load while allowing the athlete to build more body awareness and control throughout movement

Acronym Descriptions:

DL= Deadlift

FLR= Front Leaning Rest

HS= Handstand

OH= Overhead

SA= Single Arm

1RM= 1 Rep Max

ASAP= As Slow as Possible

AMRAP= As Many Reps as Possible

AHAP= As Heavy as Possible

EMOM= Every Minute On The Minute



EMOM= Every Minute On The Minute

RAN= Rest As Needed

UB= Unbroken

ME= Max Effort

DBL= Double

DB= Dumbbell

BB= Barbell

KB= Kettlebell

RPE: Relative Perceived Exertion