**Hypertrophy:** When there is increase in muscle fiber size.

**Intensity:** Great energy, strength, concentration, as relating to an activity. Or, how hard your workout is.

**Interval training:** Measured periods of work followed by measured periods of rest (i.e., 1 minute sprint followed by 2 minutes of walking). You are in charge of the intervals.

**Isometric contraction:** A contraction in which a muscle exerts force but does not change in length. Isometric contractions are common in activities such as yoga and stretching.

**Joint:** location where two bones meet.

**Karvonen Formula:** The mathematical formula that uses the maximum heart rate minus the resting heart rate to determine the target heart rate.

**Keytosis:** An abnormal increase of ketone bodies in the system usually due to an excessive low-carb diet, fasting or starvation.

**Lactic acid:** By-product of anaerobic glycolysis. It used as fuel by the heart, but too much in the system slows contraction in skeletal muscles and brings about fatigue in the muscles.

**Lean body mass:** All body tissue except storage fat. It is made up of structural and functional elements in cells, body water, muscle, bones, and other body organs such as the heart, liver and kidneys.

**Ligament:** A band of tough, fibrous tissue that connects two bones, and makes up the joints.