**Maximum heart rate:** The fastest point at which the heart will beat (estimation is done by using 220-age = maximum heart rate)

**Metabolism:** The sum of the physical and chemical processes in an organism by which its substance is produced, maintained, and destroyed, and by which energy is made available.

**Monounsaturated fat:** Type of fatty acid that can lower blood cholesterol levels.

**Motor unit:** A nerve and all the muscle fibers it works with.

**Muscle failure:** The point where a muscle can no longer contract concentrically while exercising.

**Muscular Endurance:** Ability to make repeated muscle movements against a moderate load. You want to be able to lift a heavy enough weight that you can only complete 12-16 repetitions of each exercise.

**Muscular Strength:** The ability of your body's muscle to generate force in a short period of time. This type of activity relies on anaerobic energy allowing you the short burst of energy. When you increase your strength, you're often also increasing the size of your muscles as well as strengthening your connective tissues. This can help avoid injuries and, of course, make you stronger and healthier.

**Obese:** Technically, this is considered to be more than 35% bodyfat.

**One rep max:** How much you can lift for one repetition of an exercise.

**Overtraining:** Exercising to the extreme in intensity, frequency and/or duration. Usually increasing the chances for injury.