

Name: _____

Date: _____

Weight training vocabulary

T L R R O L H X J Q V S M S V V X C F I R F M G
T N U J T A X J Q I R V F J U O G A C J H B T N
E A E I G C P E V U W T N P E J L L X T U N D F
S C A N B T R M H N W W B I M V Q O F T W J S T
O X K D F I M N H U V W P A E L H R K W C G K E
C N N Z R C I U V Y B P C L K T Q I M R M M Q T
U W B U X A A W I Q W V Q A L F O E C X H L G A
L A S Q R C J Z C I K N G Z N G R R X R T X Z R
G H E W G I K I I X I H R D F I D I P J P T T D
A X S Y U D V T Z S H T T X C Y K P K W O K P Y
Y Q Y P H A X S J O O P W C F L W U U P F H E H
Z Z Z E V S B P Q H E F G H E P O K W R Y K F O
N N O I T I S O P M O C Y D O B P U L U V X X B
T H E R M O G E N I C E F F E C T C T T J X U R
L Y S X D H R K E L A W S O J J Y M T X K Y J A
V T S H H S P S V E L H I T U Q Y A T U U H A C
I N H Z J T L A C U E F X J L E M X I V X J M W
C F H H W A E Y V X M K G R Q L U E D X R X U B
V I O R D F T U H N I B L N X E L A I L E V E H
D B A S A L M E T A B O L I C R A T E F A J F Y
J N H X D S Y F S C S J U T R E Y S I N P V V G
K B I N M S R B K S M E T A B O L I C R A T E F
A J S W R A A O T I Y U M Y Q N X S S L Z Z V U
S U H C T W I K N C L T Z X R U H J R W Y F Z F

Basal metabolic rate

Thermogenic effect

Body composition

Metabolic rate

Carbohydrate

Lactic acid

Calorie

Protein

Glucose

Fats