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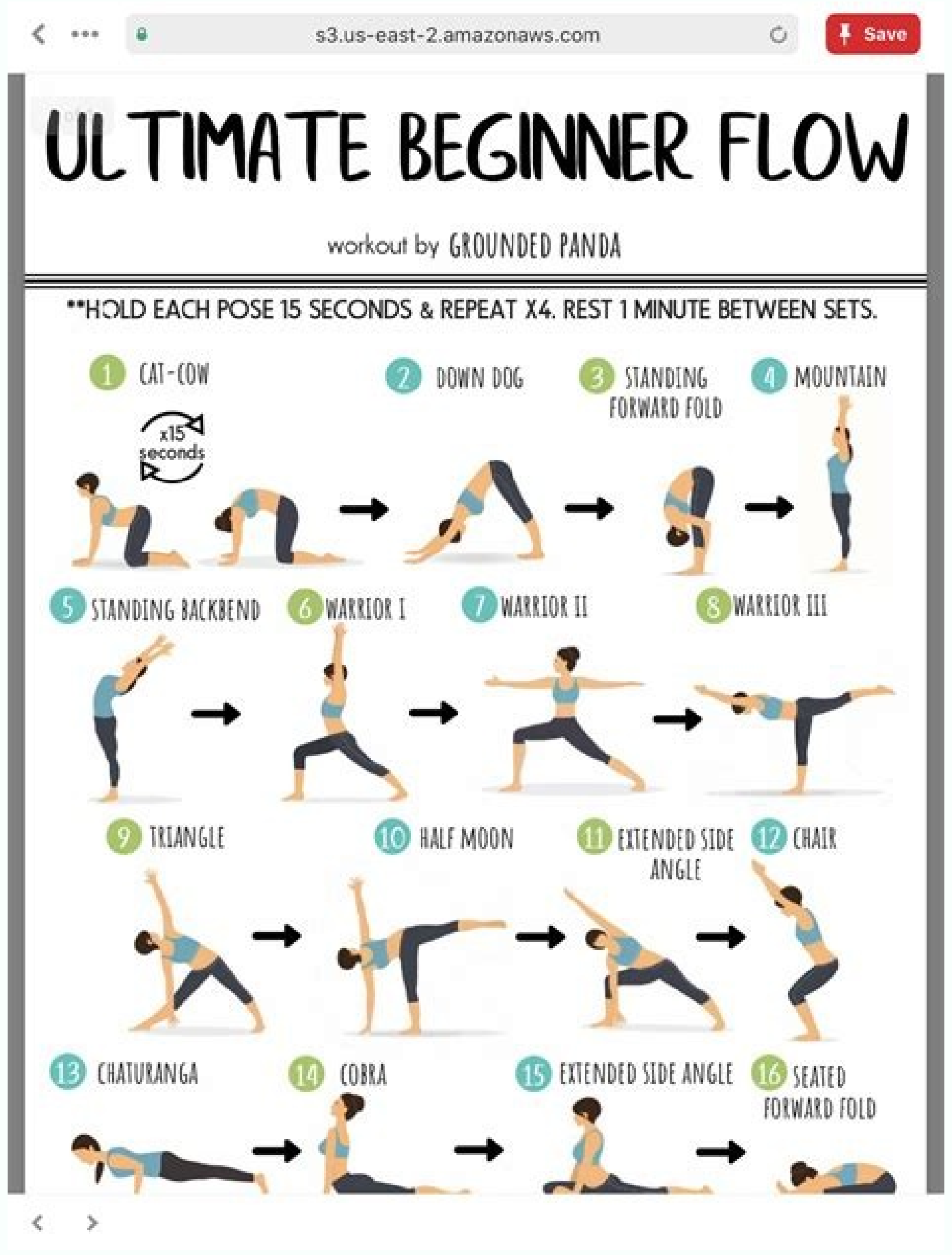
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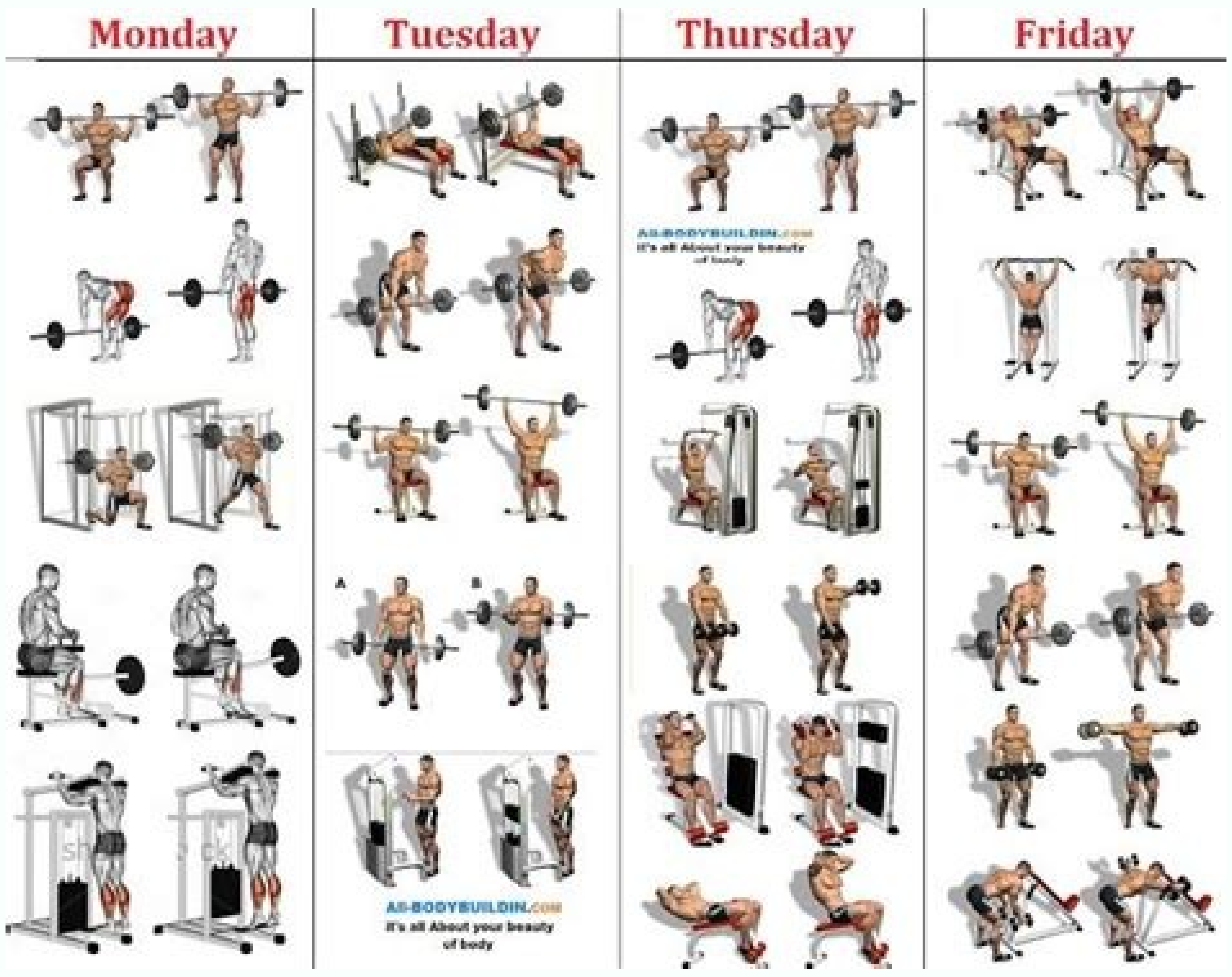
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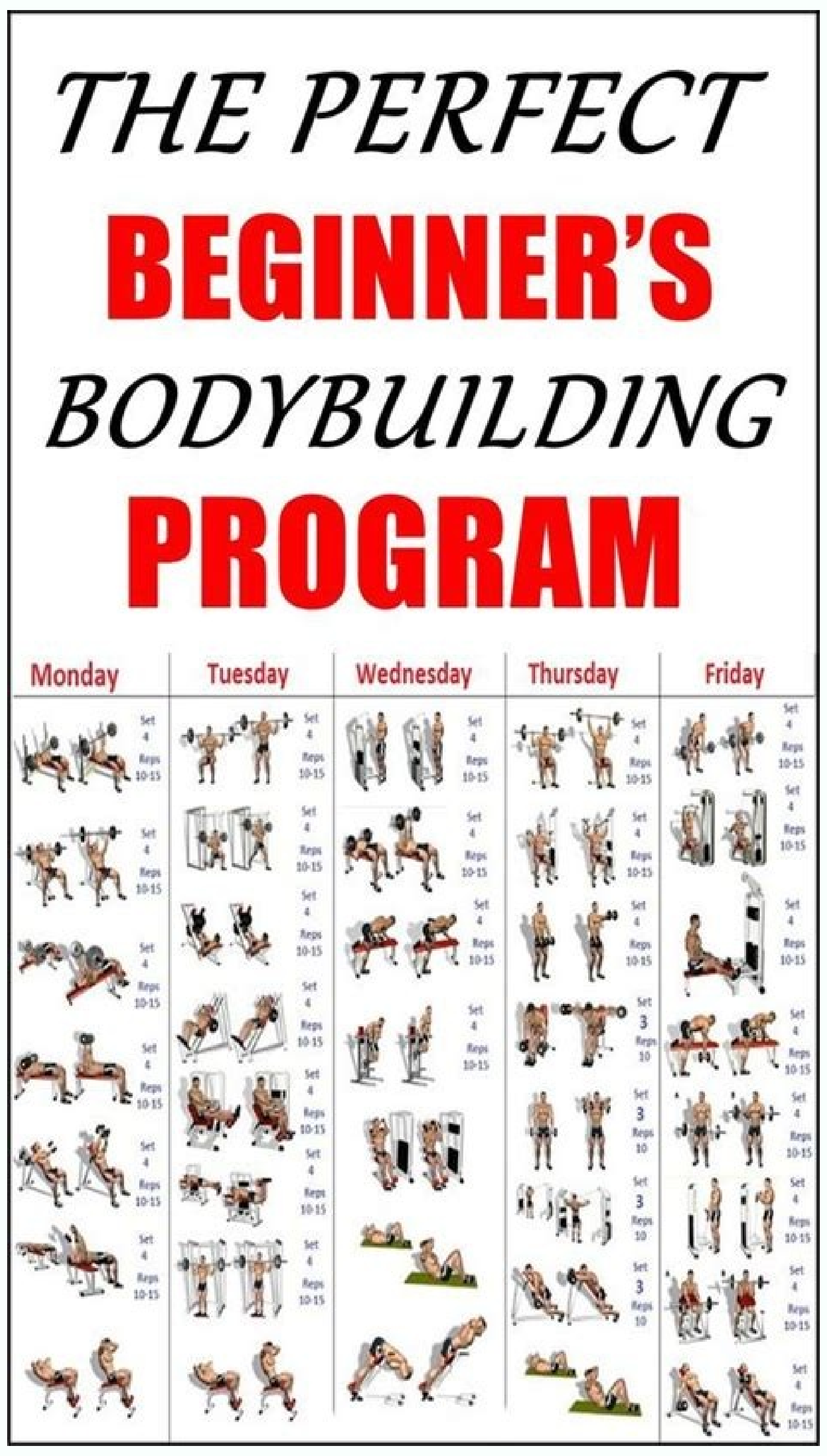
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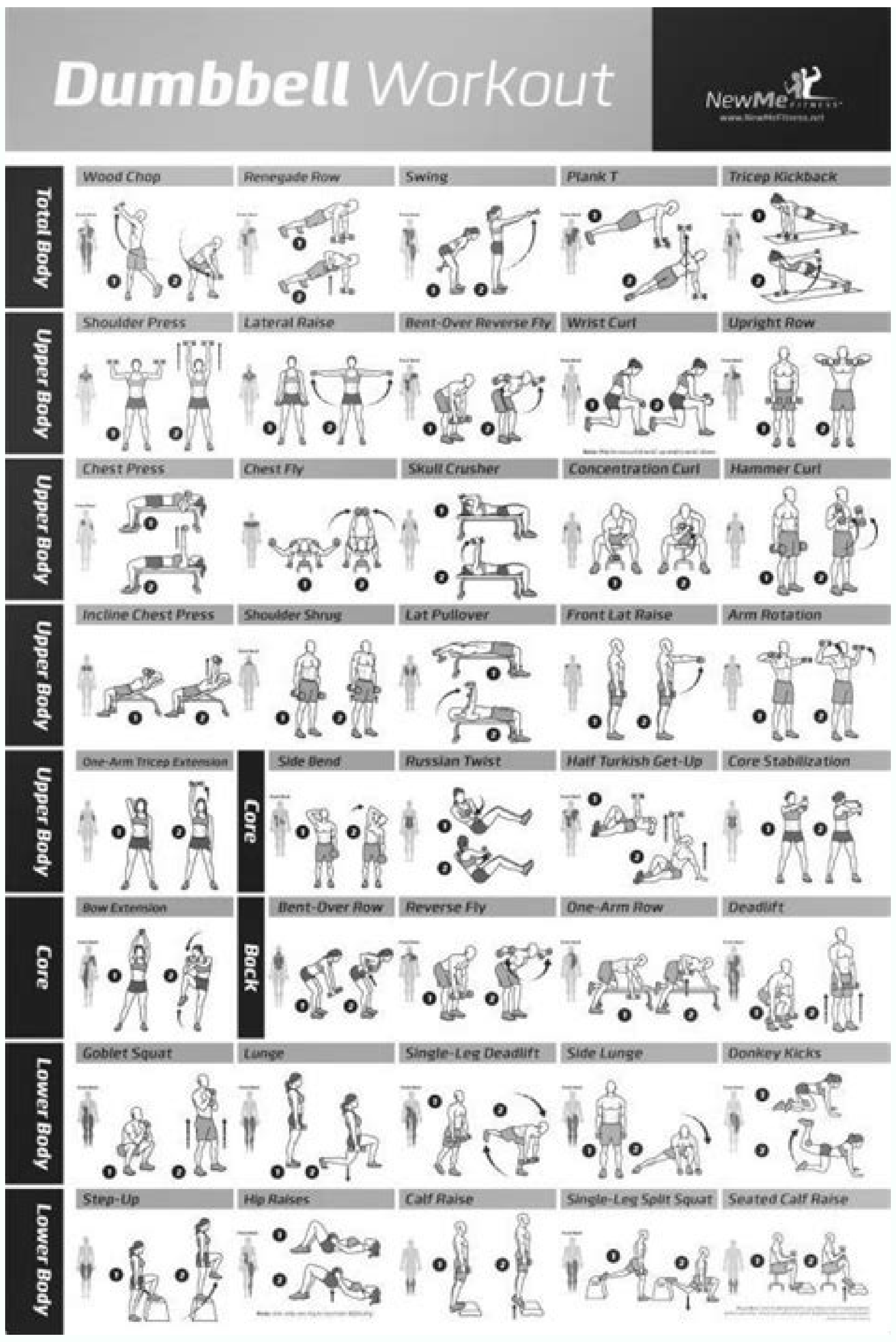
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Chest Fly
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Incline Chest Press
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Lat Pullover
Front Lat Raise
Arm Rotation
Upper Body
One-Arm Tricep Extension
Core
Side Bend
Russian Twist
Half Turkish Get-Up
Core Stabilization
Core
Bow Extension
Back
Bent-Over Row
Reverse Fly
One-Arm Row
Deadlift
Lower Body
Goblet Squat
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Step-Up
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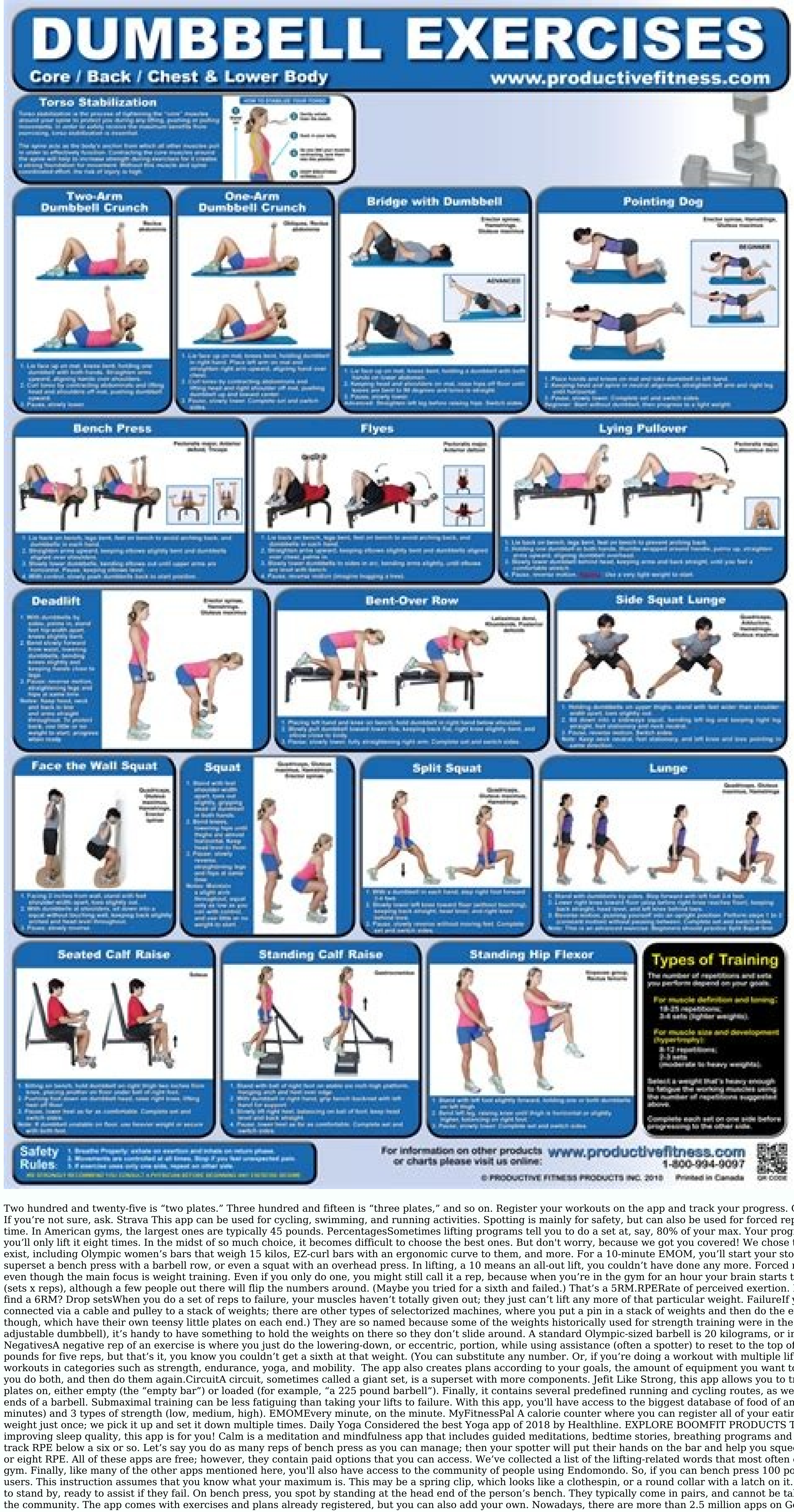
Single-Leg Split Squat
Seated Calf Raise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Two hundred and twenty-five is “two plates.” Three hundred and fifteen is “three plates,” and so on. Register your workouts on the app and track your progress. One hundred and thirty-five pounds (45 pounds per side, on a 45 pound bar) is a “one plate” lift. SetsA group of reps is a set. Each of those individual lifts is a repetition, or a “rep” for short. If you’re not sure, ask. Strava This app can be used for cycling, swimming, and running activities. Spotting is mainly for safety, but can also be used for forced reps (more on those below).Free weightsFree weights are the barbells and dumbbells in a gym, as opposed to the machines. With Strava you can analyze your performance and progress over time. In American gyms, the largest ones are typically 45 pounds. PercentagesSometimes lifting programs tell you to do a set at, say, 80% of your max. Your program might ask you to lift a certain weight until you feel like you have two reps “in the tank.” That means you’d pick a weight you could lift 10 times if you had to, but to follow the instructions you’ll only lift it eight times. In the midst of so much choice, it becomes difficult to choose the best ones. But don't worry, because we got you covered! We chose the 9 best fitness apps so you can try them, according to the sport you practice. (20 kilos is 44 pounds, so it doesn’t really matter which is which.) There are a variety of other barbells that exist, including Olympic women’s bars that weigh 15 kilos, EZ-curl bars with an ergonomic curve to them, and more. For a 10-minute EMOM, you’ll start your stopwatch, do the exercise (say, 10 kettlebell swings), and then rest for the remainder of the minute. Most often, a superset involves two lifts done with opposite or unrelated muscles: you can superset a bench press with a barbell row, or even a squat with an overhead press. In lifting, a 10 means an all-out lift, you couldn’t have done any more. Forced repsThis is another strategy to keep lifting past failure. 1. 4. While these can save time, the goal of circuit training is often to keep your heart rate high, so that you’re getting a bit of cardio in even though the main focus is weight training. Even if you only do one, you might still call it a rep, because when you’re in the gym for an hour your brain starts to melt a little. Others, like deadlifts and Olympic lifts, cannot be. If they can’t complete a rep, you grab the bar and help them safely place it back on the rack. This is usually written as 5x3 (sets x reps), although a few people out there will flip the numbers around. (Maybe you tried for a sixth and failed.) That’s a 5RM.RPERate of perceived exertion. Endomondo Endomondo lets you track your performance in over 60 sports, including yoga, tennis, football, running, cycling, and bodybuilding. We have a guide to all of these here. Want to find a 6RM? Drop setsWhen you do a set of reps to failure, your muscles haven’t totally given out; they just can’t lift any more of that particular weight. FailureIf you’re doing a small lift, like a bicep curl, you’ll often do it “until failure”—until you physically cannot lift the weight another time. There are cable machines, where you hold a handle that is connected via a cable and pulley to a stack of weights; there are other types of selectorized machines, where you put a pin in a stack of weights and then do the exercise in whatever way is indicated on the instructions (for example, you may push or pull a set of handles, or move a pad with your legs). (You can buy adjustable dumbbells for home gyms, though, which have their own teensy little plates on each end.) They are so named because some of the weights historically used for strength training were in the shape of bells (think of a kettlebell, but more…bell-shaped) and since they didn’t make noise, they were silent, or “dumb.” Clips or collarsWhen you load weights onto a barbell (or an adjustable dumbbell), it’s handy to have something to hold the weights on there so they don’t slide around. A standard Olympic-sized barbell is 20 kilograms, or in many American gyms, 45 pounds. Negative pull-ups (jumping up to the top of the bar, then lowering yourself down) are a good way to build strength to be able to do even more pull-ups. NegativesA negative rep of an exercise is where you just do the lowering-down, or eccentric, portion, while using assistance (often a spotter) to reset to the top of the rep. This weight might also be called your “max” or your “best,” as in, “my best bench press is 150 pounds.” The others are “rep maxes.” Maybe you know that you can deadlift 225 pounds for five reps, but that’s it, you know you couldn’t get a sixth at that weight. (You can substitute any number. Or, if you’re doing a workout with multiple lifts, it may mean as many rounds (of the whole circuit) as possible. Sometimes either of these may be written AMAP (as many as possible). Nike Training Club A Nike app with more than 185 workouts in categories such as strength, endurance, yoga, and mobility. The app also creates plans according to your goals, the amount of equipment you want to use and workouts per week. The app also makes workout suggestions according to your training history, and videos on how to perform exercises. Usually you’ll rest for a short time after you do both, and then do them again.CircuitA circuit, sometimes called a giant set, is a superset with more components. Jefit Like Strong, this app allows you to track your workouts. When somebody asks “how much ya bench?” they are asking for your 1RM. You might do eight reps at a time, or 12, or five. BarbellsA barbell is the bar that you load the plates on, either empty (the “empty bar”) or loaded (for example, “a 225 pound barbell”). Finally, it contains several predefined running and cycling routes, as well as monthly challenges/competitions to keep you motivated. Maybe you’ll do four or five exercises in a circuit. PlatesWeight plates are the heavy, round discs that typically load onto the ends of a barbell. Submaximal training can be less fatiguing than taking your lifts to failure. With this app, you'll have access to the biggest database of food of any calorie counter (more than 6 million foods available). Some lifts, like bench and squats, are commonly spotted. You'll have access to classes of different duration (between 5 and 45 minutes) and 3 types of strength (low, medium, high). EMOMEvery minute, on the minute. MyFitnessPal A calorie counter where you can register all of your eating. The quicker you get the lifts done, the more time you have to rest.1RM, 3RM, 5RMThese are a one rep max, a three rep max, and a five rep max, respectively. RepsWe don’t usually lift a weight just once; we pick it up and set it down multiple times. Daily Yoga Considered the best Yoga app of 2018 by Healthline. EXPLORE BOOMFIT PRODUCTS Tags: fitness apps workout running nutrition yoga Every hobby has its lingo, and lifting is no exception. Calm If you need help reducing your stress and anxiety, increasing focus and improving sleep quality, this app is for you! Calm is a meditation and mindfulness app that includes guided meditations, bedtime stories, breathing programs and relaxing music. So you might go until technical failure—in other words, for as many reps as you can while you can maintain good form. AMRAPAs many reps as possible. Nobody bothers to track RPE below a six or so. Let’s say you do as many reps of bench press as you can manage; then your spotter will put their hands on the bar and help you squeeze out a few more reps with their help. Go for it.) In other words, a 1RM is the maximum weight that you can move for one rep. For compound lifts like squats, sets are often done at a seven or eight RPE. All of these apps are free; however, they contain paid options that you can access. We’ve collected a list of the lifting-related words that most often confuse beginners, so read on to learn what you might be missing. You can brag about your lifts by saying how many full-sized plates are on each end of the bar. This can save time in the gym. Finally, like many of the other apps mentioned here, you'll also have access to the community of people using Endomondo. So, if you can bench press 100 pounds once, you might be asked to do a set of five reps at 80%, which is 80 pounds. 8. “That was a good rep,” you might say after a heavy single. You can share your progress and follow other users. This instruction assumes that you know what your maximum is. This may be a spring clip, which looks like a clothespin, or a round collar with a latch on it. The app comes with exercises and plans already registered and you can add others. Strong An app to record your workouts in an easy and intuitive way. SpottingTo spot somebody on a lift is to stand by, ready to assist if they fail. On bench press, you spot by standing at the head end of the person’s bench. They typically come in pairs, and cannot be taken apart. It contains more than 50 yoga courses and more than 400 yoga asanas. You'll also be a part of the Nike Run community, and you can compare your progress with other members of the community. The app comes with exercises and plans already registered, but you can also add your own. Nowadays, there are more than 2.5 million apps on Google Play and Apple Store. For example, you can track your distance, speed, altitude, and calories burned. DumbbellsDumbbells are the smaller hand weights around the gym. 5. With the app, you get access to the community of people who use Jefit and the training plans they create, something you do not get with Strong. We all know what you mean. 9. It also syncs with other apps and devices like Fitbit, Garmin Connect, MyFitnessPal, Google Fit, Samsung Health, etc. Eight means you could have done two more reps, and so on. So bodybuilders will sometimes employ drop sets, “dropping” some of the weight to do the exercise again with something lighter. You keep your hands nearby (but not on) the bar. 6. SupersetYou can superset two exercises by doing a set of each before resting. Also, all of these apps are available for both Android and IOS. You can also create routines, track your progress over time, and record your weight and body measurements. In bigger lifts, like a squat, it’s not always safe or even desirable to go until actual, physical failure. 2. Instead of grabbing another weight, ask a spotter to help you lift the last few reps of your set. They are “free” weights because they aren’t attached to anything; you can pick them up and do whatever you want.MachinesThe opposite of a free weight would be a machine. Finally, the app also allows you to record your weight and body measurements. Those last few are “forced” reps. You will also have access to the community of people using Strava. Create your routines and track your progress over time. Nike Run Club Another Nike app, though this one is for runners. And if that's not enough, you can create foods that don't exist on the database. 7. Nine means you could have done one more rep, but you stopped there. 3. SubmaximalSubmaximal training is work that does not go to failure. In addition, it is recommended by renowned psychology professionals, therapists, and mental health specialists. You might use 25-pound dumbbells, then put them back and do a few more reps with 20-pound dumbbells, then grab the 15-pounders, and so on. And there are plate-loaded machines, where you take a plate off a rack somewhere in the gym and place it onto the machine yourself. You might do five sets of three reps, for example.

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