

Gym jargon scary for newcomers

A gym can be a scary place, especially if you're new to fitness. There are several intimidating factors. Not knowing what to do when you get there is almost as bad as the full-length mirrors reminding you why you are there in the first place.

The language spoken by personal trainers and seasoned gym veterans makes you feel like you are an alien dropped on a different planet.

Phrases like "one more rep" or "squeeze those glutes" makes you want to run out the door and go back home to a familiar place, your couch.

Gym language is very similar to Couch Potato language. Most of us in Couch Potato world understand the meaning of "I'm just vegging while watching the tube and pigging out."

Here is a list of gym jargon that will help you feel a little more like you belong with the veterans:

Atrophy: when muscles start to decrease or diminish in size

Bi's and tri's: biceps and triceps — the muscles of the upper arms

Bonk: to exercise to the point of depletion of the body's energy stores, leaving one extremely weak and giddy

Cheating: an intensity method where form is loosened during a set in order to exhaust the muscle further than with strict form

Concentric: the contraction or shortening phase of a muscle movement

Core: the abdominal muscles, gluteus muscles, and certain back and upper leg muscles.

Delts: refers to the deltoids or shoulder muscles

DMOS: delayed muscle onset



MARLA ARNDT
fitness bootcamp

soreness — the ache you feel in your muscle two days after weight training

Eccentric: the lengthening phase of a muscle movement

Circuit training: a combination of cardio and/or resistance exercises executed in a specific sequence and manner with little rest

Failure: working to the point where you can't complete the final repetition

Free weight: dumbbells and plates versus equipment

Forced reps: a training technique where the "spotter" helps the trainee perform repetitions beyond their ability on their own

Hypertrophy: the increase of muscle tissue as a result of training

Intervals: method of cardio training where speed and/or intensity is varied in specific time durations during the workout

Ladders: repeating sets in increasing numbers of reps (6, 7, 8, 9, 10)

Lats: short for latissimus dorsi

Overload: challenging your body above the comfortable point of exertion

Pecs: short for pectoralis, referring to the chest muscles. Yes, both men and women have them.

Plateau: a point where you stop seeing results when your body gets

too used to the demands of exercise

Plyometrics: a dynamic movement that requires a quick exertion

Pyramid sets: repeating the exercise in a descending number of sets and then back up (12, 10, 8, 6, 8, 10, 12)

Recovery: the time taken between exercise sessions; usually one day between resistance training sessions.

Rep: short for repetition and refers to one complete movement

Set: one complete group of repetitions done intentionally

Split routine: a popular approach to training where you focus on different muscle groups on different days

Spotting: assisting someone execute an exercise with support and guidance when and if required

Super sets: an advanced training approach where two exercises are done in a row with no rest

Target heart rate: the desired range of heart rate during aerobic exercise which enables you to determine and maintain your appropriate exercise intensity to ensure the heart and lungs receive the most benefit from a workout.

Traps: refers to the trapezius muscles in upper back/neck area that elevate shoulders

Quads: refers to the quadriceps or front part of the legs

VO2 Max: a measure used in fitness testing; this is the maximum amount of oxygen an individual can use in one minute per kilogram of body weight

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Teddy Pendergrass, 59, set new era of R&B

Nekesa Mumbi Moody

NEW YORK, N.Y.— R&B singer Teddy Pendergrass, who was one of the most electric and successful figures in music until a car crash 28 years ago left him in a wheelchair, has died of colon cancer. He was 59.

Pendergrass died Wednesday in suburban Philadelphia, where he had been hospitalized for months. The singer's son, Teddy Pendergrass II, said his father had a colon cancer surgery eight months ago and had "a difficult recovery."

Before the crash, Pendergrass established a new era of R&B with an explosive, raw voice that symbolized masculinity, passion and the joys and sorrow of romance in songs such as *Close the Door*, *It Don't Hurt Now*, *Love T.K.O.* and other hits that are now classics. He was an international superstar and sex symbol. His career was at its apex — and still climbing.

Friend and longtime collaborator Kenny Gamble, of the renowned production duo Gamble & Huff, teamed with Pendergrass on his biggest hits and recalled how the singer was even working on a movie.

"He had about 10 platinum albums in a row, so he was a very, very successful recording artist and as a performing artist," Gamble said Thursday. "He had a tremendous career ahead of him, and the accident sort of got in the way of many of those plans."

Pendergrass, who was born in Philadelphia in 1950, suffered a spinal cord injury at age 31, in a 1982 car accident that left him paralyzed from the waist down — still able to sing but without his signature power. The image of the



SUZANNE PLUNKETT, THE ASSOCIATED PRESS

Teddy Pendergrass was known for his forceful, masculine voice and passionate love ballads. He died Wednesday at age 59.

strong, virile lover was replaced with one that drew sympathy.

But instead of becoming bitter or depressed, Pendergrass created a new identity — that of a role model, Gamble said.

He dedicated much of his life to helping others with spinal cord injuries and founded the Teddy Pendergrass Alliance to do just that.

When Pendergrass met Harold Melvin, who was looking for replacement members for his group, the Blue Notes, he signed on to be the drummer.

Later, he became the lead singer of the group, which became known as Harold Melvin and the Blue Notes.

The band started working with Gamble and Leon Huff and had signature hits in the early 1970s with *Wake Up Everybody* and *If You Don't Know Me by Now*.

The Associated Press

horoscope saturday

SATURDAY BIRTHDAY

This year, you might give a lot of energy to increasing your net security. At the same time, others (or a partner) could be only too ready to spend your income. Realize the potential you have, and don't allow anyone to interfere with your joy. You could find a partnership unusually taxing this year. You also might not want to do anything about it. If you are single, check out anyone you decide to form a bond with with care. Someone might be unavailable emotionally. Be sensitive to your strong sense of direction. You are unusually creative this year. Aquarius has very different ideas from you.

ARIES (March 21-April 19) — You might want to enjoy yourself more. Let friends help you do just that. Investigate an option more carefully that revolves around them. Some of you might want to take up a new sport or do something very differently.

TAURUS (April 20-May 20) — You might not be able to move away from your responsibilities as easily as you would like. If you understand what is motivating someone, you will make better choices. Don't forget someone you care a lot about, who could be older.

GEMINI (May 21-June 20) — Finally taking an overview is easier than you thought, though you easily could fall into the same trap again or consider a situation in a certain way. Be careful, because although you use strong and clear language, to someone else it sounds brusque and harsh.

CANCER (June 21-July 22) — Consider your options more clearly, and discuss a situation that might be ailing you. You cannot always have situations tumble the way you want. A partner or close friend might insist on a certain activity or happening — you have no choice.

LEO (July 23-Aug. 22) — An eruption of your fiery temper might not be the best way to go. Listen to what someone offers you before you react. Sometimes your fieriness works against you. Stay centred, knowing where you are heading.

VIRGO (Aug. 23-Sept. 22) — You might need some exercise, especially if you have been staying indoors because of the weather. Consider signing up for a yoga class or some other appealing sport. Learn to express your anger more effectively.

LIBRA (Sept. 23-Oct. 22) — Count on a child or loved one coming up with some fun suggestions. If you start sharing, a great time could be had by all. Relax more with a loved one, especially as you might be keeping him or her at a distance.

SCORPIO (Oct. 23-Nov. 21) — You could be more secure and anchored than in the past. Understand that

doors suddenly will open if you work with a key person, roommate or family member. Communication might be key.

SAGITTARIUS (Nov. 22-Dec. 21) — Make calls and reach out for others. You might join some friends or just want to hang out at a favourite spot. You don't need to go far to enjoy yourself. Lose the word "no," or else you could close yourself off from a special opportunity.

CAPRICORN (Dec. 22-Jan. 19) — Understanding evolves to a new level and takes you to a new place financially. You might be surprised by someone's willingness to chip in. You could understand a lot more about this person as a result.

AQUARIUS (Jan. 20-Feb. 18) — You could be more upbeat than you have been in a while. Your way of handling a situation could be substantially different from a partner's. This person tells you in no uncertain terms what he or she is thinking.

PISCES (Feb. 19-March 20) — Do your own thing, especially if you feel pushed and tired. Others might not be in the same mood, and you just might not care. Open up to different ideas, and let go of your vision of what might work. Take a walk and clear out stress.

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