

Health Literacy

Supersets, pyramid sets, reps...do you feel out of the loop on some of the lingo at the gym? Before heading into the gym for your next workout, read on to learn some of the more common terms you may hear (and what they mean), and figure out what works best for you!¹

Understanding these terms can help you feel confident and take your workouts to the next level!

SETS

Completing several reps of a specific exercise in a row.

REPS

One complete motion of an exercise (i.e., Military Press x 10)

PR/PB

Short for a personal record or personal best.

AMRAP

As many reps (or rounds) as possible in a set amount of time.

METCON

Short for metabolic conditioning. These workouts are designed to improve conditioning using high-intensity movements.

DOMS

Delayed onset muscle soreness...the pain you usually feel a couple of days after a hard workout.

DROP SET

Starting with a heavy weight, complete set until failure (or unable to do another rep.) Gradually lower weight with every set. Very important to pay attention to form.

SUPERSET

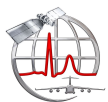
Two exercises are performed back-to-back. You move quickly from one exercise to a different exercise without taking a break.

PYRAMID SETS

Sets that begin with light weights and higher reps then escalate to heavier weights.

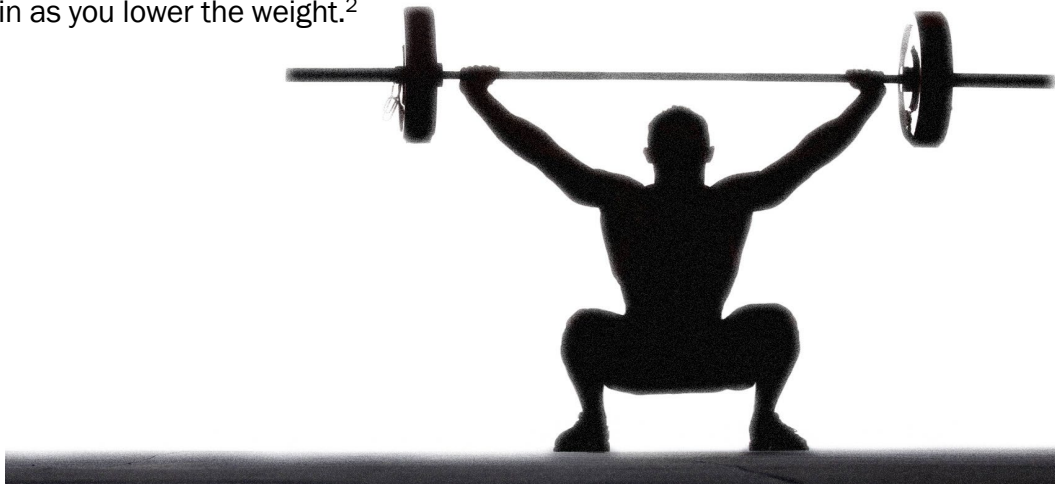


1. Priddett, T. (2018). Fitness terms Everyone should know. POPSUGAR Fitness. <https://www.popsugar.com/fitness/fitness-terms-everyone-should-know-45098952>
2. May, S. (2018). Study Up on These 12 Terms Every Runner Should Know. POPSUGAR Fitness. <https://www.popsugar.com/fitness/running-terms-45077895>



Strength Training Do's & Don'ts

1. **Don't skip the warm-up.** Cold muscles are more prone to injury, so be sure to spend 5-10 minutes warming up before you start.¹
2. **Increase weight slowly.** Slowly increase your weights over a period of 2-4 weeks. Your muscles should feel tired and fatigued after 10-15 reps.¹
3. **Don't rush.** Movements should be slow and controlled since this helps you activate more muscle fibers, isolate the muscles you want to work, and not rely on momentum to lift the weight.²
4. **Pay attention to form.** Learn to do each exercise properly. Maintaining form gives you the best results and makes you less likely to hurt yourself. Are you struggling to keep good form? Decrease the weight or number of reps. Don't forget...good form is especially important when picking up and re-racking the weights!²
5. **Breathe.** It's easy to hold your breath while lifting, but don't do it! Breathe out as you lift the weight and breathe in as you lower the weight.²



1. Long, M. (2023). 10 weight training tips for beginners. Mayo Clinic Health System. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/no-matter-your-age-or-skill-level-its-never-too-late-to-start-weight-training>
 2. Weight training: Do's and don'ts of proper technique. (2022). Mayo Clinic. <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/weight-training/art-20045842>



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