



# "The language of Fitness" Outline

## "How to be Fluent in Exercise Language"

It's been asked and said many times: When does someone realize they became fluent in a new language? ....when they begin to think or dream in that language.

Instead of thinking of an exercise by it's common title, for example, a walking lunge, in exercise language it's "A locomotive, level changing, unilateral, sagittal plane leg movement". A "diagonal cable pull" is really "An open chain, pulling transverse core activation exercise". Anatomy, Biomechanics, Physiology, etc, will all be explained simply in "movement talk". We'll use examples of 20-30 of the most common exercises, and translate them.

One of the true separators of fitness professional knowledge, is the ability to be fluent in "Fitglish" or "Exercisese" movement language, rather than being an exercise memorizer. At that moment, a FitPro can truly become unlimited in their capacity to assess, program, and train for their clientele.

This presentation is specifically designed to enhance your fluency, mastery of program design, and thus your career. This lecture is intended for the Personal Trainer young/new in the industry who needs to learn this, and also re-affirm the veteran colleague of their thought patterns.

In any presentation, we always begin with defining the actual term FITNESS:

**"Our ability to recover physical activity from rep to rep, set to set, workout to workout, day by day"**

Much like any traditional spoken language, they are made up of parts: Verbs, adjectives, nouns, grammar, sentence forming, etc.

Fitness coincidentally is also made up of many parts: Cardio, strength, mobility, weight loss, sports performance, core etc.

Our ability as fitness professionals to master the words that describe these parts, to both clients and colleagues, is an essential tool for career success. The major difference in speaking fitness language to clients and colleagues is how you would talk to each.

## **Exercise Vocabulary**

Understanding that Fitness Language has parts, what are they? Let's provide a basic vocabulary of common used terms and principles of exercise. This activity is designed to help you understand WHY you're programming, not just WHAT to program:

### **Anatomy:**

- Muscles
- Bones
- Joints
- Nerves

### **Physiology:**

- Energy pathways
  - Anerobic
  - Glycolosis
  - Aerobic pathways

### **Neuro:**

- Neuromuscular:
  - Strength:
- Proprioceptive:
  - Balance

### **Cardiovascular:**

- HR
- Blood Pressure
- Anerobic
- Aerobic
- Energy Pathways

### **Stability:**

- Dynamic
- Static

### **Range of Motion:**

- Mobility
- Flexibility

**Planes of motion:**

- Sagittal
- Frontal
- Transverse

**Pillars of movement:**

- Locomotion
- Level Change
- Push/Pull
- Rotation

**Contraction Types:**

- Concentric
- Eccentric
- Isometric

**Biomechanics:**

- Joint motions
  - Ankles
  - Knees
  - Hips
  - Spine/trunk
  - Wrists
  - Elbows
  - Shoulders
  - Neck

Pillars of movement:

- Locomotion
- Level Change
- Push/Pull
- Rotation

Open Kinetic Chain:

Closed Kinetic Chain:

Bilateral/Unilateral:

**Equipment (Main use/purpose):**

## Barbells

### **Exercises:**

**Perhaps the most important need for mastery of fluency comes with descriptions of movements. If our intention is to create well rounded program designs, whether for group or 1-on-1 training, we must understand the comprehensive needs for a person physically, and which exercises provide that. The path to do this, is by mastering the bio-mechanical benefits of movements, rather than their common name.**

Said another way, everyone who exercises should experience exercise that promote full range of motion (mobility), move in all planes of motion, challenge our capacity to overcome gravity to produce force (strength), increase our heart rate aerobically (cardio), stimulate the requirement of trunk and hip control (stability), and improve every organ system we possess (anatomy)

### **Application:**

Let's examine some of the most widely used exercises, and title them not by their common title, but rather their more proper scientific application. As we do so, let's consider classifying each bio-mechanically as best we can, and it's intended purpose.

Squat

Push Up

Deadlift

Traditional

Romanian

Lunges (variety)

Running

Swimming

Rowing

Cycling/spinning

Stairclimbing

Bear Crawls

Turkish Get-ups

Diagonal Cable chops (low-hi, hi-low)

Kettlebell Wood Chops

Sled work:

Chin Ups

Bicep Curls

Box Jumps

Lateral plank

Tabatas

### **How we speak to certain populations**

It's important to also note, in regards the complexity or simplicity of your vocabulary/dialogue will be dictated by who you're talking to:

#### **Example: Demonstrating the importance of hip stability:**

To clients:

To colleagues:

To other professionals (Physical Therapists, Orthopedic doctors):

### **Self S.W.O.T. analysis of your own programming**

Now that we've extensively reviewed common movements, perhaps you're self actualizing our own programming tactics and habits, and are either satisfied with your current methods or realizing the need for evolution.

What are your Strengths, Weaknesses, Opportunities, and Threats to your current training?

For example, if you've confidently providing blends of mobility, strength, cardio, prescribing multiple planes of motion, expansively using a wide variety of equipment, then your programming is sound in concept.

Conversely, if you're mainly a sagittal plane prescriber, strength only, providing not enough mobility, then program design improvement could be seen as an opportunity.

\*\*A few minor exceptions to this observation is if you're specifically programming for sport or activity that requires program design to meet the demands of that activity.

### **Summary:**

It is essential as a fitness professional, to be accountable of understanding basic scientific principles and vocabulary of your trade.

If you're current level of medical terminology, bio-mechanical movements, and anatomical knowledge needs improvement, then hopefully today's lecture was a step in helping your fluency of exercise language

If you're responsibility is to provide complete and comprehensive programming to your client population, then use today's presentation as guiding tool to enhance your craft.

Knowledge is empowering, and hopefully this presentation adds another tool in your belt to career confidence and practical application mastery.

## **Thank you so much for attending!**

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