adaptation	a change in form or structure to suit new conditions or a new environment
anaerobic system	functions to enable energy production during the absence of oxygen
ballistic stretching	repeated movements such as punching and bouncing to gain extra stretch; it should be practiced only by elite athletes, and with care
concentric contractions	occur when a muscle shortens, causing movement at a joint
cool down	the period of time following physical activity where the body temperature, circulation and respiratory rates are returned to their pre-exercise state

diuretics	drugs that increase the amount of fluid (water and urine) passing from the body
dynamic flexibility	the ability to perform extensive muscular movements causing joints to go through a full range of motion
eccentric contractions	occur when the muscle lengthens while under tension; the action often happens with the assistance of gravity
erythropoietin (EPO)	a natural hormone that stimulates red blood cell production
explosive strength	the ability to extend the 'turned on' period of explosiveness

flexibility	the range through which joints and body parts are able to move
human growth hormone	naturally occurring substance that increases the rate at which amino acids are transported to skeletal muscle cells
isometric training	during this sort of training muscles develop tension but do not change in length
isotonic movements	movements characterised by muscle shortening and lengthening against resistance
macrocycles	long term planning periods or overviews