

4. Gym Bro A gym bro isn't just an everyday gym-goer. This is one that eats, sleeps, and breathes for the gym. A gym bro is typically a young-ish jock-type gym-goer. He's normally jacked, kitted out in the latest training gear, brash, cocky, and a bit of a show-off.



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## **Lug Lingo: 30 Gym Slang Words and Term in Simple Explanation**

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## ***GYM SLANG TERMS:***

### **The Cheat Sheet To Gym Lingo**

TheFitnessTribe.com



Therefore, we've created a gym slang glossary with some of the most frequently used gym terms just for you. There's a surprising number of gym terms and workout lingo, and if you're just starting out, this compendium of gym terminology makes the first few visits to the gym all the more confusing and intimidating. . Train:: Gear+Shoes .

## **67 Gym Slang Terms: The Ultimate Guide To Gym Lingo - Exercise With Style**



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1. Yolked. Yolked is a term used to describe the large muscle mass surrounding the neck and trapezius, typically used with bodybuilders and powerlifters. 2. Newbie Gains. Newbie gains, also known as "noob gains," refer to the initial muscle growth that happens when new gym goers begin training in the gym. 3.

### **What is gear in bodybuilding? 6 things you should definitely know - Hexifit**



1RM 1RM, or One Repetition Maximum, is the maximum weight you can lift for just one repetition. AMRAP AMRAP stands for As Many Reps as Possible. It is a Gym terminology used by fitness experts. While you are into AMRAP, you will be doing the maximum number of reps you can do for that particular exercise, with little or no rest in between. Anabolic

## **20 Gym Slang Terms: The Cheat Sheet to Gym Language**

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[TheFitnessTribe.com](http://TheFitnessTribe.com)



Fitness Common Gym Slang Explained Features By Nick Harris-Fry published 7 March 2022 Don't let impenetrable jargon waylay your workout. Get in the know with this expert guide to common gym slang (Image credit: iStock / Getty Images Plus / doble-d)

## **Gym Lingo: 90+ Fitness Slang Terms and Their Meaning**



The holy grail term for bros around the world. To 'bulk' is to switch up your training and diet to maximize muscle gain. You're literally bulking up your weight. In order to achieve a successful bulk, you need to bump up your calorie intake and attack a high-volume strength program. It's a nice place to be because you'll see progress real fast.

## What is Gear in Bodybuilding? - Fitness Volt



(Noun) Name given collectively to IV drug use paraphernalia.

## What Is Gear In Bodybuilding? - MichNews



A short, metal bar that is weighted on both ends. Athletes use dumbbells for exercises such as shoulder presses, lateral raises, and bicep curls. EZ Bar A barbell with a curved, ergonomic design that is meant to be easier on the wrists. Athletes use EZ Bars for exercises such as preacher curls, skull crushers, and barbell rows. Form

## The Big Glossary of Gym Slang | BarBend

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## ***GYM SLANG TERMS:***

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Bench A gym bench, like the usual meaning, is essentially a bench on which you can perform a variety of activities. The bench press is, of course, the most popular bench exercise! BMR BMR is an abbreviation for Basal Metabolic Rate. It is the number of calories burned by your body when you are sleeping. Science for Men

**Unlocking Gym Lingo & Gym Slang: The Guide to Fitness Terms**

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## ***GYM SLANG TERMS:***

### **The Cheat Sheet To Gym Lingo**

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Split. Refers to how you "split" your training up in a given week. A 2-day split means you lift twice per week. A 3-day split means three times per week. Common splits give each main muscle group their own day in the gym; you'll also commonly see upperbody-lowerbody splits, push-pull-legs, and other custom splits.

## **Gym Lingo: 90+ Fitness Slang Terms and Their Meaning**



"Gear" is a slang term in the bodybuilding community that refers to anabolic steroids and other performance-enhancing drugs (PEDs) that help improve muscle mass, performance, endurance, and recovery time between workouts. Anabolic steroids, also called anabolic-androgenic steroids (AASs), can play different roles in a bodybuilder's regimen.

## Common Gym Slang Explained | Coach - coachmaguk



17. Compound Movement. A compound movement is any multi-joint movement, where two or more joints are moving at the same time. As it relates to the gym, the most commonly cited compound movements are squats, lunges, deadlift, pressing, pulling exercises, and olympic lifts.

## **30 Gym Slang Terms Explained | MuscleChemistry**



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***GYM SLANG  
TERMS:***

**The Cheat Sheet  
To Gym Lingo**

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In simple terms, gear refers to performance-enhancing drugs used by athletes, usually at high levels of competition like pro sports. They include a variety of different types: anabolic steroids (which mimic testosterone), human growth hormone (HGH), erythropoietin (EPO) and insulin-like growth factor 1 (IGF-1).

## Gym Vocabulary - All the Fitness Terms You Need to Know - Preply

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# English Vocabulary Fitness



- **to work out**  
probably, the most popular phrasal verb in English; it means to do some exercise  
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- **stamina** /'stæm.i.nə/  
the physical and/or mental ability to do something without giving up  
/'sɜ:.kjʌ/
- **circuit training**  
specific exercises that you repeat several times  
/'stren.ju.əs/
- **strenuous session**  
a harder workout for more experienced and fitter people
- **to bulk up**  
to increase muscle size  
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- **to pull a muscle**  
to damage a muscle
- **to shed pounds**  
to lose weight, to get rid of fat  
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- **ripped** www.englishlessonviaskype.com  
very muscular; someone with clear muscle definition
- **spare tyre**  
excessive fat around your waist  


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English English vocabulary Gym vocabulary: Understanding fitness terminology and jargon Want to become a gym buff or bunny? Learn important gym vocabulary in English to get the most from your time at the gym. Daisy Harrison Updated September 18, 2023 9 min read

**Gym Lingo 101: Fitness Slang You Should Know | Garage Gym Reviews**



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***GYM SLANG  
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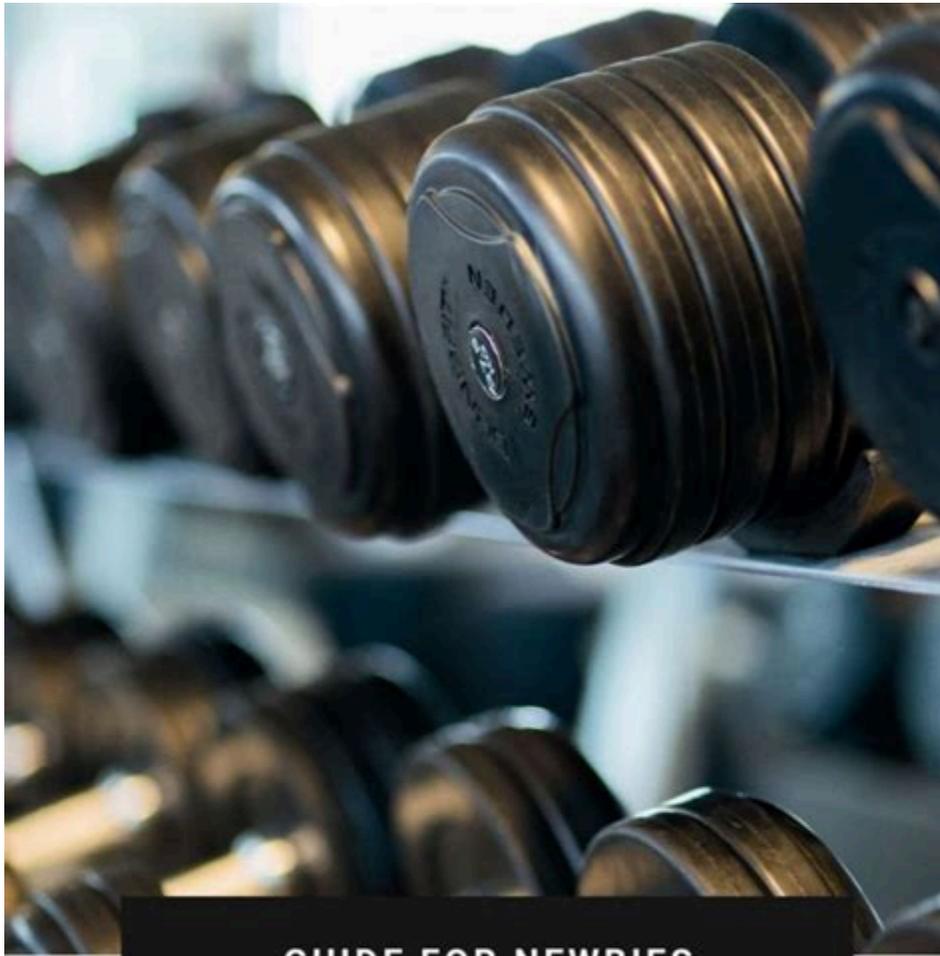
1. Gains "Gains" refers to the progress made in building muscle, increasing strength, or improving overall fitness. It's a term used to celebrate the positive results of consistent training and proper nutrition.

## Gym Lingo 101 - Your guide to the most commonly used gym terms



The above gym slang educates you and helps you to be more familiar with different terms used at the gym. Discussion . Showing comments 1-1 of 1 comments. Presser 06-23-2023 01:06:05 PM (UTC) Certainly! Here is a list of some common gym slang terms used by fitness enthusiasts and their meanings: 1. **\*\*Gains\*\***: Refers to progress made in terms of .

## 75+ Crucial Pieces of Gym Slang, Terminology & Lingo Explained



GUIDE FOR NEWBIES

# 75+ CRUCIAL PIECES OF GYM SLANG EXPLAINED

[www.trustyspotter.com](http://www.trustyspotter.com)

**Mind-Muscle Connection.** The term "Mind-Muscle Connection" in fitness refers to the conscious, focused activation of specific muscles during exercise. This concept emphasizes the mental focus on the muscle being worked, aiming to enhance the effectiveness of the exercise by increasing muscle engagement and control.

## 33 Gym Terms You Need To Know For Your First Workout - Marathon Handbook



What is Gear in Bodybuilding? Everything you need to know to Gear is essential to bodybuilding, whether it is supplements, protein powder, or steroids. While many athletes use gear to enhance their performance, some bodybuilders are strictly against it, regardless of its effectiveness.

## What is Gear in Bodybuilding? - Wellyx



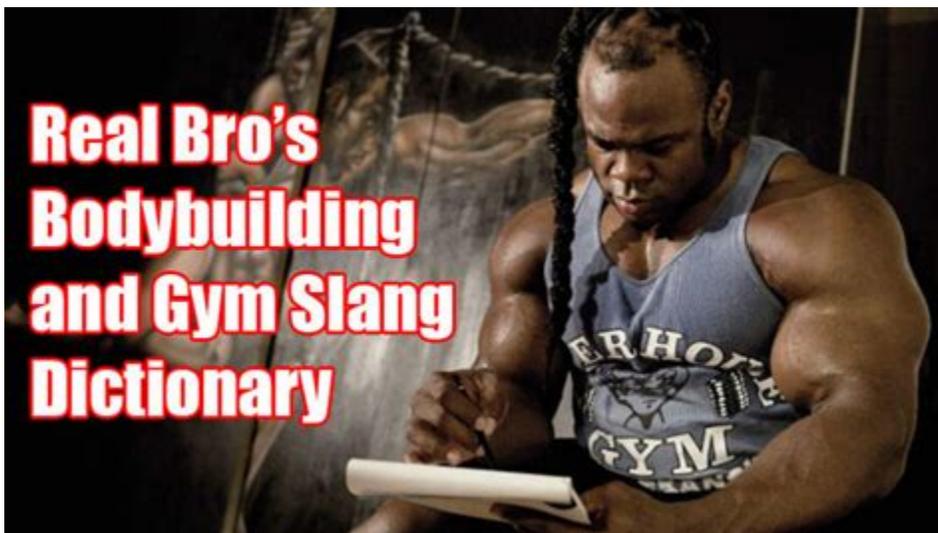
The Big Glossary of Gym Slang These are the terms you need to know to successfully navigate the world of fitness. Written by Jake Dickson, NASM-CPT, USAW-L2 Last updated on July 20th, 2023 A -.

## The Essential Steroid Slang and Terminology You Need to Know



Gear refers to a number of supplements and steroids that help boost your workout performance. Many types of gear are available, such as whey protein, creatine, pre-workout boosters, post-workout products, etc. Each has its purpose for improving overall bodybuilding health.

## Real Bro's Bodybuilding and Gym Slang Dictionary: A-Z



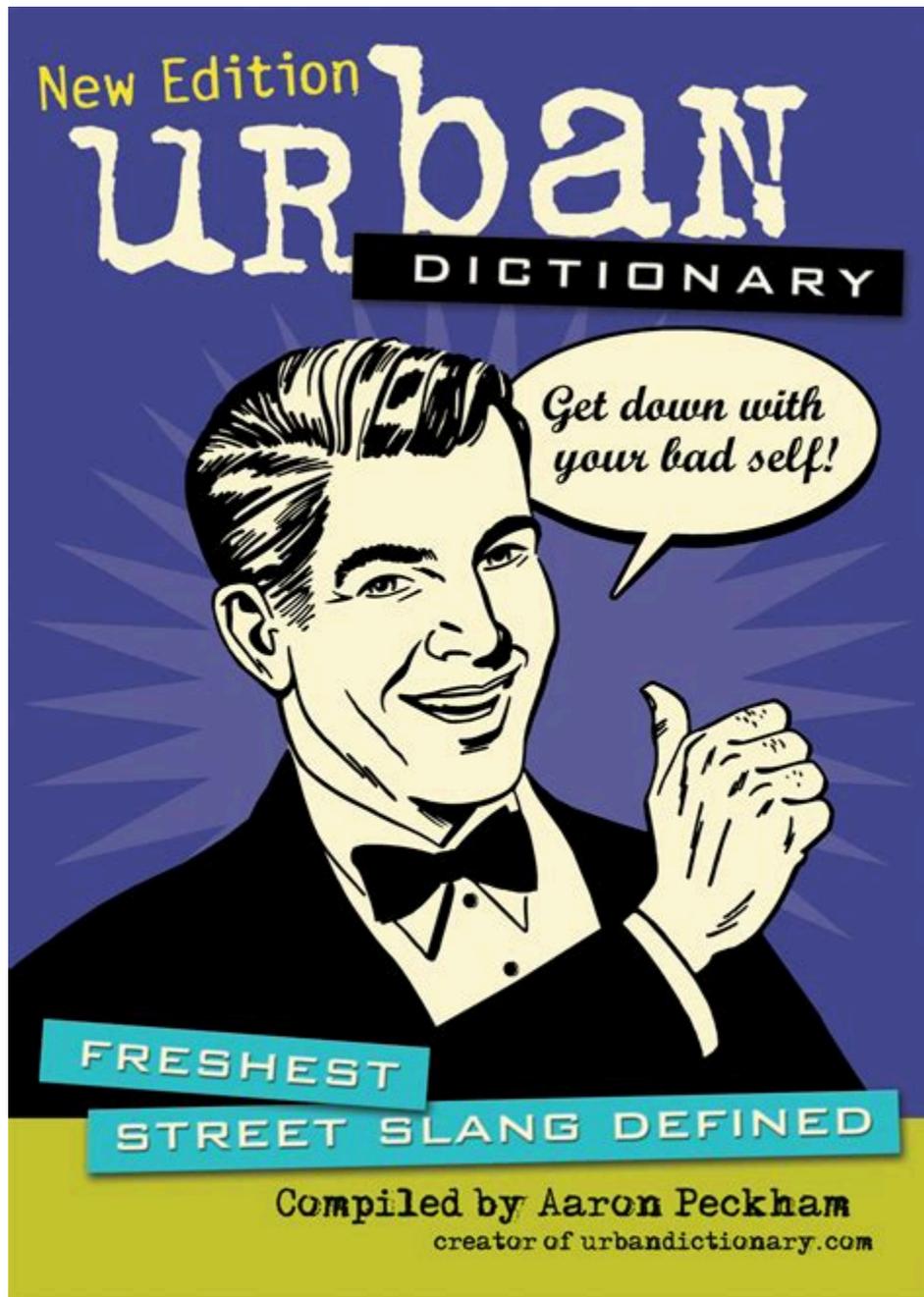
Definition: An acronym that stands for "as many reps as possible. " This can be spoken or written in a workout program, and it means that you should perform a certain exercise for as many reps as possible (basically, until your muscles are fatigued and you're unable to push out another rep).

## 2024 Guide To Gym Lingo [50 Terms Defined] - Fitness Mentors



**Gear:** A slang term for steroids, syringes, and any other steroid-related equipment. **Gynecomastia:** Also known as "bitch tits," it's usually brought on by a hormonal imbalance from taking steroids, though it can also occur naturally. **Juice:** A slang term for injectable steroids. **Post-cycle therapy:** The use of various compounds to attempt to .

## Urban Dictionary: Gear



1. Newbie For those familiar with this term in other settings, gym newbie is used similarly. Someone who is new or unfamiliar to the gym. Usually, someone who has no idea what they are doing. Someone who doesn't understand what swole means. Pish-posh, as if, right?

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