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**Cracked Up Glossary Of Common Gym Terms**

**By Nick Nilsson**

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If you've ever had occasion to visit a gym, you've no doubt heard people talking about "feeling the burn" and "pumping up." But did you ever wonder what people were really saying? Here are some common terms and phrases that will help you to learn what is really going on in the gym.

**In The Zone** – Tired and incoherent during a workout. Commonly described out of the gym as "spaced out."

**Extended Warm-Up** – 20 minutes at low tension on the stationary bike then 20 minutes of casual stretching then a shower.

**"Just One More Rep"** – Said to a spotter during a set. Really means: "Lift the weight for me."

**Forced Reps** – For the reluctant exerciser, every single rep of a workout is a forced rep. This is especially true when they have a mean trainer.

**Hack Squat** – The position a cat gets into when he's coughing up a hairball, commonly mistaken as a leg exercise.

**"Can I work in with you?"** – Translation: "Can I remove all your weights and sweat all over your bench?"

**Drop Sets** – What sometimes happens after doing a hard set of dumbbell bench presses. A triple drop set occurs when you drop two dumbbells and yourself to the floor.

**Bulking Up** – Name for the phase during which an otherwise healthy trainer will try to get bigger and fatter on purpose.

## Cracked Up Glossary Of Common Gym Terms

"I'm maxing out" – Translation: "I was going for 6 reps but I put too much weight on the bar and only got 1."

Cool-down – Sit on a bench and drink from a water bottle while talking about how much more you'll lift next time.

Olympic Bar – Athlete's nightclub.

E-Z Bar – "How dare you! I'm not that type of bar."

Squat rack – The lonliest piece of equipment in the gym.

"It's all you!" – Said by spotter during the last few reps of a set. Translation: "It's mostly me."

Pro-hormones – Hormones that have lost their amateur status.

Meal Replacement Supplement – Cold pizza and warm beer.

Clean and Press – Surprisingly enough, it's a shoulder exercise, not laundry instructions. A variation of it is even known as the Hang Clean and Press.

High Intensity Interval Training – Occurs when there are two or more flights of stairs leading up to the gym.

Skullcrushers – An exercise where you make like you're going to bash your own head in with a barbell, a.k.a. lying tricep extensions.

"Hold the contraction at the top and squeeze for 10 seconds" – Said by a personal trainer when he or she wants to punish the client for missing a session.

Now that you've got an idea of what is being said at the gym, you'll be able to converse comfortably with the natives. You will be completely understood in any gym in the world when you walk in and say "I just did two sets of high intensity intervals and now I'm ready for some forced reps" or "I'm taking a lot of meal replacement supplements because I'm bulking up."

Nick Nilsson is Vice President of BetterU, Inc., an online exercise, fitness, and personal training company. Check out his latest eBook "The Best Exercises You've Never Heard Of" at

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## Tips To Heal Unsightly Cracked Skin

By Rachel Gillespe

There are several reason you might experience cracked skin; cold weather, excessive washing of hands, dry skin, skin diseases, or going barefoot are just a few. If you do develop cracks or skin fissures on your hands or feet, you should take steps to treat the area as soon as you can. Cracked skin is a health hazard since it allows an opening for germs. The following tips will help you heal unsightly cracked skin.

Soak the area every night

The first step in healing your cracked skin is to soak the effected area every night for at least 20 minutes. This allows your skin to soak up moisture and soften up the tough calloused areas which are prone to cracking. The cells of your skin require adequate hydration to stay soft and supple. When you are finished with your hydration by soaking, simply pat the area dry with a soft towel. Do not rub it dry as this is liable to irritate skin which might be tender due to the cracking and chafing.

Seal the moisture in

Now that you have hydrated your cells, you need to lock the moisture in by applying a petroleum jelly product such as Vaseline. Other lotions may be used in a pinch, but they do not seal as well as Vaseline. Next, slip cotton socks on if it is your feet that are cracked, or cotton gloves if it is your hands. Go to bed and leave them in place overnight and let the moisture revitalize your skin so they can heal.

Following the above routine is also helpful in preventing chapped skin and cracking. So at the first sign of dry or painful skin, start the hydrating regimen. In addition, you can further hydrate your body by drinking adequate amounts of water everyday.

Having dry, cracked, and bleeding hands or feet is a health hazard and painful to endure. Not only that, it is embarrassing. The best course of action is to prevent cracks from forming in the first place if at all possible.

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