

The Performance Dictionary
Anatomy: Body Mechanics

fibers, slow-twitch: muscles that contract slowly for endurance

flexibility: the range of motion for a certain joint as well as the elasticity of the muscles; to increase flexibility one must stretch about 10 percent beyond his/her normal range of motion, with an increase in the core body temperature

flexion, dorsis: flexed upward; for example: a flexed foot

flexion, plantar: stretched; for example: a pointed foot

flexor: a muscle that bends

fracture: a broken bone that does not pierce the skin

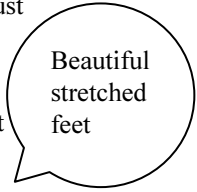
fracture, compound: a broken bone that does pierce the skin

heart rate: the average adult heart beats between 60 to 80 times per minute, with a trained athlete's beating slower due to more blood being pumped per beat

invertebrate: an animal with no backbone

isometric contraction: the tensing of a muscle without it shortening; for example lift the upper torso off the floor in a "sit up" and hold the position; the abdominal muscles are contracting in a static position

isotonic contraction: the muscle actively shortens; for example, the resistance of using your own body weight for performing a plié



Beautiful stretched feet