

10. Amino Acids	Are building blocks that make a protein. They are composed of carbon, hydrogen and oxygen and nitrogen and side chains.	16. Vitamins	Compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients
20. Anabolic Steroids	is the familiar name for synthetic variants of the male sex hormone testosterone.	2. Volume	Total amount of exercise
13. Carbohydrates	Composed of carbon, hydrogen, and oxygen. A main source of energy in your diet.		
21. Creatine	An energy storage molecule used by muscle tissue. The phosphate from C phosphate can be removed and attached to an ADP to generate ATP quickly.		
12. Fats	Also known as lipids, fats are an essential nutrient composed of fatty acids and used for energy and other body functions		
3. Intensity	How hard you exercise. Refers to the amount of weight used in strength training		
7. Macrocycle	largest cycle in a training plan; typically covers a year-long period (annual plan)		
14. macronutrients	Carbohydrates, fats, and proteins, which are necessary for building and maintaining body tissues and providing energy for daily activities		
8. Mesocycle	Several weeks to several months; within macrocycle		
9. Microcycle	Shortest cycle; usually 1 week up to 4 weeks long; includes daily/weekly variations		
15. micronutrients	An element that an organism needs in very small amounts and that functions as a component or cofactor of enzymes: Vitamins and minerals		
17. Minerals	Elements of the earth needed in the diet, which perform many functions in body tissues		
19. Nutritional Supplement	-Not regulated as drug		
5. Overload	Exercising at a level that's beyond your regular daily activities.		
18. Performance Enhancing Drug	..., an illegal substance helping to achieve better results.		
1. Periodization	Division of a training program into smaller, progressive stages		
4. Progression	The application of overload over time.		
11. Protien	a class of nutients that builds body tissues and supplies energy. Protien is made of amino acids.		
6. Specificity	Choosing the right types of activities to improve a given element of fitness.		