Whether you’re new to the gym or an avid exerciser, a little wising up can make a huge difference to your workout. Virgin Active trainer Emily Cole explains all…

**TRAINING TECHNIQUES**

**Rep**
Rep is short for repetition – it’s the number of times you perform an exercise. Typically 10-12 reps make up a set.

**Superset**
Two or more exercises targeting different muscles, performed back to back without a rest period in between.

**Power walk**
Walking at a pace of 4.5-5.5mph, as opposed to the standard speed of 3mph. Great for calorie burning.

**Fartlek**
Meaning ‘speed play’, Fartlek is a form of interval training. The runner combines fast-paced periods with slower ones.

**HIIT**
High Intensity Interval Training, involving alternating short bursts of intense exercise (think sprinting or jumping) with periods of rest or lower-intensity exercises.

**Calisthenics**
Exercising using just your own bodyweight. Squats, pull-ups and planks are types of calisthenic exercises and can be incorporated into walking, running or HIIT sessions.

**TRX**
TRX is a form of suspension training that uses straps and bodyweight exercises to help improve strength and core stability.

**KEY MUSCLES**

**Hammies**
The muscle at the back of your thigh.

**Obliques**
Muscles that run down the side of your core.

**Tris**
Located on the back of the arms, in between the shoulders and the elbows.

**Traps**
Found at the side of the neck and shoulders.

**Glutes**
Three main muscles in your buttocks.

**POST-WORKOUT GEMS**

**Protein Window**
The 30-60 minute window post-exercising, during which it’s believed the body needs protein in order to sustain or build muscle.

**DOMS**
Delayed Onset Muscle Soreness – muscle stiffness or soreness that you may feel 24-72 hours are running, walking or training.

**Macro**
Short for macronutrients; the three key food groups we need for our bodies to function – carbohydrates, proteins and fats.