EAGLE MOUNTAIN CITY **CITY COUNCIL MEETING** APRIL 7, 2015			
TITLE:	MOTION—Approval of the Utah County 2015 Municipal Recreation Grant Project		
FISCAL IMPACT:	None		
APPLICANT:	Eagle Mountain City		
GENERAL PLAN DESIGNATION	CURRENT ZONE	ACREAGE	COMMUNITY Citywide

NOTICES:
-Posted in 2 public places
-Posted on City webpage
-Posted on State website

REQUIRED FINDINGS:

Planning Commission Action / Recommendation
Vote: N/A

Prepared By:
Fionnuala Kofoed City Recorder

NOTES/COMMENTS:

RECOMMENDATION:
Staff recommends that the City Council approve a Utah County Municipal Recreation grant in the amount of $13,292.38.

BACKGROUND:
The Utah County Commission has determined the funding for the 2015 Municipal Recreation Grant Program. Funding is based on the 2012 State of Utah Official Census Data population estimates. The 2015 total funds available to Eagle Mountain City are $13,292.38. The proposal is to use the funds to pay for a portion of the recreation equipment that is planned for in the Wren's Roost project. The total cost for the equipment plus installation is $21,000. The estimate to complete the park is $100,000. All County funds are available on a reimbursement basis.

A copy of the plans for this project is attached.

ENERGI® PRIME TOTAL BODY FITNESS SYSTEM

ENERGI® Prime is an outdoor, total body fitness system designed for ages 13 and up that uses the latest, cutting-edge fitness methodologies.

Five stations—featuring 120 exercises and three skill levels—beginner, intermediate and advanced—combine functional fitness and body-weight training, letting users of all fitness levels complete a progressive workout routine that challenges them at their own pace. (Functional fitness focuses on building a body capable of doing real-life activities in real-life positions. Body weight training is where you use your own body weight as resistance [instead of weighted equipment] to build total body strength, flexibility, and balance.)

ENERGI Prime is the healthy way for an entire community to engage in a fun, fresh-air fitness regimen. With no mechanical systems to break or maintain, ENERGI Prime's simplicity makes it perfect for public spaces.

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Get *FITT* with ENERGI Prime

Five stations with a total of 120 exercises offer a 15-to-60-minute-per-day, 3-day-a-week fitness program. All five of ENERGI Prime's stations were designed in accordance with the FITT Principle, as endorsed by the American College of Sports Medicine and the American Council of Exercise.

Frequency: the complete system, all five ENERGI Prime stations, offer a total of 120 exercises, enough for a healthy, 3-day-a-week workout regimen.

Intensity: Each ENERGI Prime station features three different
skill levels, which allow users to enter at their own level but challenges them to continuously push themselves.

Time: Easy-to-understand instructions on a weather-proof, fiberglass-panel and go-at-your-own-pace exercises make it easy for users to build a 15-to-60-minute workout into their day.

Type: Together, all five ENERGI Prime stations promote the four key types of fitness: cardiovascular fitness, muscular fitness, flexibility, and body composition (total body mass).

ENERGI Prime was designed with leading fitness expert **Michelle Simons**, using the latest, cutting-edge fitness methodologies. Michelle is a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), fitness expert for over 15 years.

Complete System – for a total body workout and the best overall health benefits for your users, purchase all 5 stations:

Surface Mount	1,404 lbs. (640kg)
In-ground Mount	1,558 lbs. (710kg)

Install ENERGI Prime in clusters for circuit training and programming, or on a trail for the added benefit of running or walking. Recommended surfacing is concrete or poured-in-place, cushioned surfacing.

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ENERGI Prime Stations

Station 1

Static & Dynamic Stretches

- Features 24 stretching exercises that are the perfect beginning and ending to your exercise routine.
- Platform has a textured, non-slip surface with colored targets for a more dynamic, safe exercise. (Platform will automatically come in grey.)
- Choose one post and component color.

Stand-alone product specifications:
SIZE 9' 10'' x 6' x 7' 9'' (3m x 1,83m x 2,36m)
CAPACITY Up to 5 people

In-ground mount:
ZZXX0089
WEIGHT 446 lbs. (203kg)
TO INSTALL Approx. 6 hours

Surface mount (shown):
ZZXX0089S
WEIGHT 412 lbs. (187kg)
TO INSTALL Approx. 2.5 hours

Station 2

Pulling, Back, Angle Bar & Hurdle Exercises

- Features 24 exercises including pull-up, chin-up, hurdle dips and hurdle jumps.
- Choose one post and component color.

Stand-alone product specifications:
SIZE 15' 6'' x 16' 5'' x 7' (4,72m x 5m x 2,13m)
CAPACITY Up to 6 people

In-ground mount:
ZZXX0090
WEIGHT 324 lbs. (147kg)
TO INSTALL Approx. 7.5 hours

Surface mount (shown):
ZZXX0090S
WEIGHT 292 lbs. (133kg)
TO INSTALL Approx. 2.5 hours

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ENERGI Prime Stations *(continued)*

Station 3

Squat, Dip, Push-Up & Balance Exercises

- Features 24 exercises including squat, single leg squat, V-sit, triceps dip, balance beam and push-up.
- Balance bar has a textured, non-slip surface for safety.
- Choose one post, one plastic and component color.

Stand-alone product specifications:

SIZE	12' 5'' x 9' 8'' x 7' (3,79m x 2,95m x 2,13m)
CAPACITY	Up to 5 people

In-ground mount:
ZZXX0091

WEIGHT	223 lbs. (102kg)
TO INSTALL	Approx. 7.5 hours

Surface mount (shown):
ZZXX0091S

WEIGHT	199 lbs. (91kg)
TO INSTALL	Approx. 2.5 hours

Station 4

Power & Agility Step Exercises

- Features 24 exercises including step-up, lateral step-up, V-step and A-step.
- Platforms have a textured, non-slip surface for safety. (Platforms will automatically come in grey.)
- Choose one post and component color.

Stand-alone product specifications:

SIZE	3' 10'' x 6' 9'' x 7' (1,17m x 2,06m x 2,13m)
CAPACITY	Up to 2 people

In-ground mount:
ZZXX0092

WEIGHT	237 lbs. (108kg)
TO INSTALL	Approx. 6 hours

Surface mount (shown):
ZZXX0092S

WEIGHT	206 lbs. (94kg)
TO INSTALL	Approx. 2 hours

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ENERGI Prime Stations *(continued)*

Station 5

Core, Torso & Balance Disc Exercises

- Features 24 exercises including squat, lunge, plank, sit-up and reverse curl.
- Wobble board features only three simple parts for added durability, and a textured, non-slip surface for safety. (Wobble board will automatically come in grey.)
- Choose one post, one plastic and component color.

Stand-alone product specifications:
SIZE 8' 9'' x 2' 8'' x 7' (2,67m x 0,81m x 2,13m)
CAPACITY Up to 2 people

In-ground mount:
ZZXX0093
WEIGHT 268 lbs. (122kg)
TO INSTALL Approx. 6 hours

Surface mount (shown):
ZZXX0093S
WEIGHT 241 lbs. (110kg)
TO INSTALL Approx. 2 hours

Welcome Sign (2-sided)

- Welcomes new users to ENERGI Prime and features fit tips for all users.

Stand-alone product specifications:
SIZE 1' 1'' x 5'' x 6' 1''
(0,33m x 0,13m x 1,85m)

In-ground mount:
ZZXX0117
WEIGHT 44 lbs. (20kg)
TO INSTALL Approx. 1 hour

Surface mount:
ZZXX0117S
WEIGHT 41 lbs. (19kg)
TO INSTALL Approx. 0.5 hours

All platforms and the Wobble Board are made from the same textured, skid-resistant sheet plastic that you would find on boat steps. We also use this material in our Quattro and Duo Seesaws.

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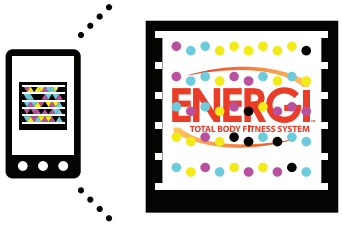
ENERGI Prime now includes Microsoft Tag technology!

It's like having your own FREE Mobile Personal Trainer by your side while you exercise.

1. Using your smartphone, go to **http://gettag.mobi** and download the free Tag Reader app
2. Scan the Tag
3. Watch the video



Check it out for yourself!

Each activity panel features:

1 Each sign features a Tag at the top explaining ENERGI Prime.

2 Exercises are divided and color-coded into **three segments** - first day, second day, and third day (to encourage exercising 3 times per week).

3 All 120 exercises feature a Tag, which takes you to a brief video on proper form and function.

4 Exercises are also divided into **three skill levels** (beginner, intermediate, and advanced) to allow users to work out at their comfort level, and progress as their fitness improves.

Beginner users complete exercises 1 & 2
Intermediate users complete exercises 1, 2 & 3
Advanced users complete exercises 1, 2, 3 & 4

5 Each exercise includes an example of the target muscle groups to be worked.

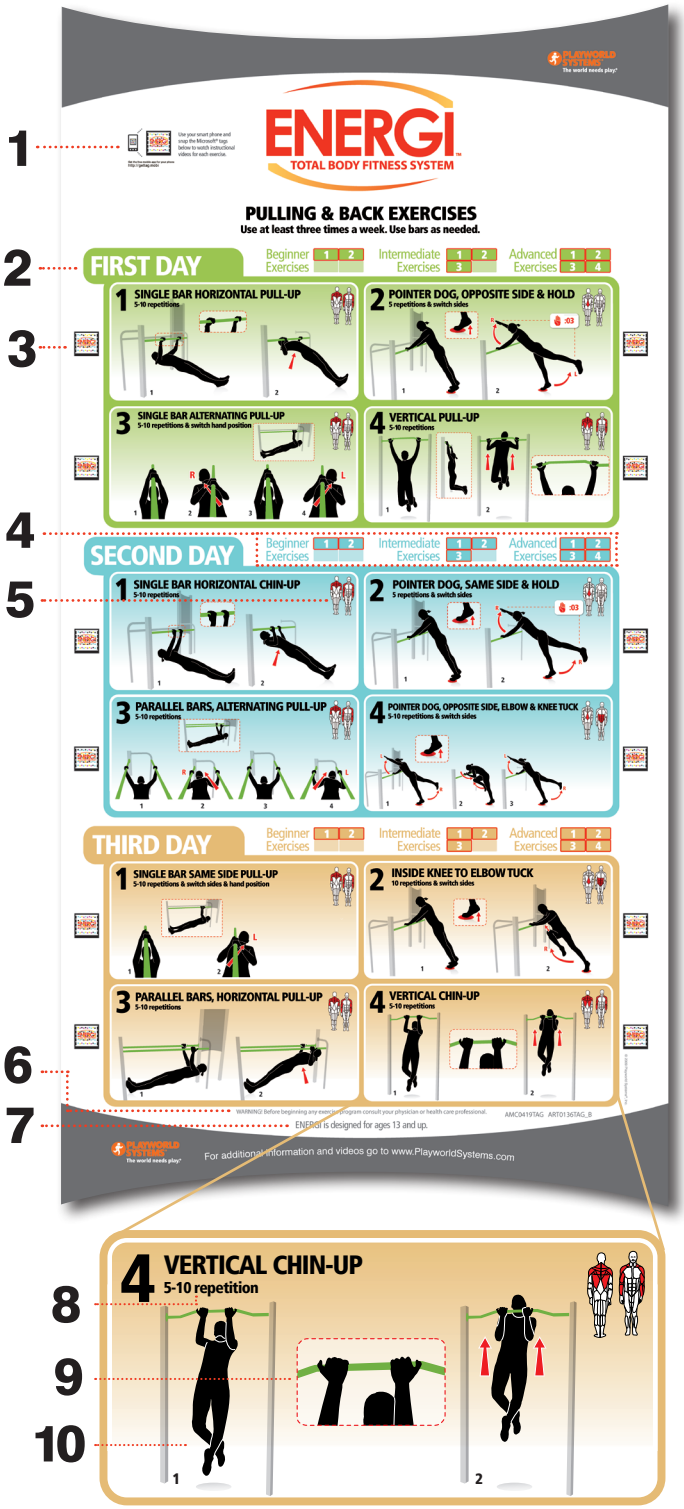
6 Disclaimer included on each sign. *Warning: Before beginning any exercise program, please consult your physician or healthcare professional.*

7 ENERGI Prime is designed for ages 13 and up.

8 Number of repetitions are listed for each exercise.

9 To avoid confusion or incorrect usage, close-up illustrations are added where needed.

10 Exercises are clearly illustrated rather than explained in words and have been extensively tested for clarity.



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FREE Programming Guide
with your order

The ENERGI Prime programming guide, developed with fitness curriculum specialist Nicholas Slotterback and fitness expert Michelle Simons, features a ton of valuable information for customers. The programming guide will be sent FREE with your ENERGI Prime purchase.

The ENERGI Prime programming guide will include the following:

CD

Lesson Plans
Up to a full year of lesson plans for middle and high schools. See next page for a sample.

Athletic Programs

Boot Camp Programs

ENERGI Prime Exercises
All 120 exercises separated by station, so you can plan your program for the day.

CD

Activity Log
For users to track their progress.

CD

Marketing Materials
Use to promote your ENERGI Prime system to your local community, including a press release template, advertisement template and web banner template.

DVD

User Instructional Videos
Each instructional video, for all 120 exercises! These are also available on our web site: PlayworldSystems.com/ENERGI Prime

The printed programming guide will include one CD and one DVD.

CD — **Information on CD only.**

DVD — **Information on DVD only.**

Information in printed piece only.

Nicholas Slotterback
Middle School PE Teacher,
Health/PE District Curriculum Supervisor

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Lesson Plan Example: High School - 9 Week Program

Course: Lifelong Fitness through ENERGI Prime
Lesson 4: Demonstration/Rotation of Exercise 3 and 4 Day 1 of ENERGI Prime Program
Periods: 1
Materials: ENERGI Prime fitness equipment

Standards:

- Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
- Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Learning Objectives:

- Explains the impact of participation in selected sports/activities on various components of fitness.
- Reflects on reasons for choosing to participate in selected physical activities.

Lesson Procedures

1. Introduction: The teacher will begin by explaining that the class will now be adding more exercises to the ENERGI Prime program. During this marking period the students will also be learning and practicing the third and fourth exercises listed on each ENERGI Prime station.

2. The teacher will continue to show the proper rotation of the exercises throughout the entire class period.

3. The class will begin at station one Dynamic Stretches, Active Movement, and Static Stretches. The two exercises (Exercise 3 Day 1) that will be learned today are the Reverse Lunges and the Chest Stretch. (Description and photo of exercises can be found in the exercise glossary under Station 1 exercises). The second set of exercises (Exercise 4 Day 1) that will be learned today are the Jump To Target Both Feet Together and the Hamstring Stretch. (Description and photo of exercises can be found in the exercise glossary under Station 1 exercises).

4. The second station Pulling, Back Exercises, Angle Bar, and Hurdle Exercises. The two exercises (Exercise 3 Day 1) that will be taught are the Single Bar Alternating Pull-Up and the Lateral Step Over, Touch and Back. (Description and photo of exercises can be found in the exercise glossary under Station 2 exercises). The second series of exercises (Exercise 4 Day 1) that will be taught are the Vertical Pull Up and the Travel Bar Climb (Straight Leg). (Description and photo of exercises can be found in the exercise glossary under Station 2 exercises).

5. Station number three includes Squat/Dips Exercises and Push Up/Balance Exercises. The two exercises (Exercise 3 Day 1) listed for today are the Squat with Jump and T Push Up (Low Bar) (Description and photo of exercises can be found in the exercise glossary under Station 3 exercises). The next two exercises (Exercise 4 Day 1) listed for today are the Dip with Straight Legs and the Split Stance Squat (Description and photo of exercises can be found in the exercise glossary under Station 3 exercises).

6. Halfway through the circuit rotation the teacher will ask the students to review the first six rotations and proper technique for all exercises practiced at Stations one through three.

7. Station four includes the Power Step Exercises and Agility Step Exercises. The two exercises (Exercise 3 Day 1) that will be taught are Single Leg Step Down (High Step) and Running V Step. (Description and photo of exercises can be found in the exercise glossary under Station 4 exercises). The other two exercises (Exercise 4 Day 1) that will be taught are Knee Up (High Step) and Fast Straddle Step. (Description and photo of exercises can be found in the exercise glossary under Station 4 exercises).

8. Station five includes Core/Torso exercises and Stabilizing/Balance Disc Exercises. The two exercises (Exercise 3 Day 1) that will be taught are Alternating V Sit With Twist and Plank with Alternating Knee-Crossover. (Description and photo of exercises can be found in the exercise glossary under Station 5 exercises). The last two exercises (Exercise 4 Day 1) that will be taught are Sit Up With Arms Extended and Twist and Single Leg Lunge to Knee Up. (Description and photo of exercises can be found in the exercise glossary under Station 5 exercises).

9. At the end of station five the teacher should review all exercises and rotations with the students. Students will practice rotation and exercises in small groups.

10. Closure: The teacher will introduce the focus for the next class incorporating the rotation of exercise 3 and 4 for Day 2 in a workout format.

11. Health Fact or Fit Tip of the Day.

Don't forget this important corollary: The last rep should be all you can do with good form. Squeezing out a few extra reps after your form has fallen apart sets you up for injury and doesn't work the targeted muscles anyway.

Assessment of Objectives:

- The students will practice the proper rotation and form for each exercise during the class period.
- The teacher will check for understanding of students by asking proper technique questions during the review portion of the class period.

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ENERGI Prime works and we can prove it!

A fully monitored research study was conducted by the Danville Area Community Center in Danville, PA. The study included pre - and post - research measurements and tracked participants' progress as they trained on ENERGI Prime three days a week for five weeks. On average, the participants saw a:

35.0% increase in upper-body strength

34.7% increase in abdominal strength

34.5% increase in leg strength

6.0% increase in sprinting speed

1 inch increase in flexibility

2.9 beats per minute decrease in resting heart rate

See the full research report online at **PlayworldSystems.com/ENERGI**

ENERGI Prime Success Stories

"I saw a great improvement in fitness using ENERGI Prime. People say I look different and ask me how long I have been working out. There were no gym rats to intimidate me, no fluorescent lights and stale air. And the best part is my wife and I could do the exercises together."

Joe Kelley

"The instructions on the panels made it easy to switch up the routine. Each day I spend on ENERGI Prime is different, which makes it interesting."

Megan Ingraham

"ENERGI Prime gave me a structured program with realistic, attainable goals. My clothes fit better, my arms have better definition. I would tell a friend: just try it, you'll love it."

Laura Renno

"ENERGI Prime is new and different than other workout routines I've tried, since it is outdoors, where I would spend my spare time anyway."

Sandy Schmidt

See the whole interview on **PlayworldSystems.com/ENERGI Prime.**

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How does ENERGI Prime work?

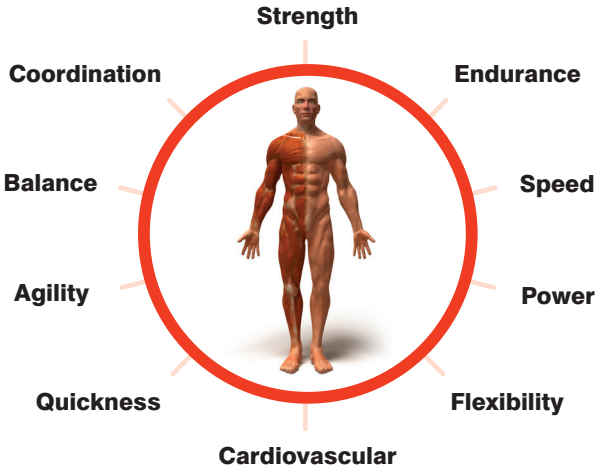
Rather than isolating the muscles to work them independently*, a full ENERGI Prime workout uses multi-joint, multi-plane muscle movements, an integrated approach that better prepares the body for the demands of real life. A full ENERGI Prime workout uses almost all of the body's 206 bones and 600 muscles, creating synergy across all five major anatomical systems (cardiovascular, respiratory, nervous, skeletal, and muscular).

Repetition of movement builds a mind-body connection that makes users quicker and more responsive in daily life.

**Such as the seated chest press and seated leg extensions that you would find in traditional fitness centers/gyms*

ENERGI Prime develops bio-motor abilities

Improving bio-motor abilities helps to improve a person's functional fitness. ENERGI Prime develops bio-motor abilities for life, recreation and sports, such as strength, power, speed, endurance, flexibility, agility, quickness, balance, coordination, and cardiovascular.



ENERGI Prime trains the body to operate in the 3 planes of motion (Triplanar):

Plane of Motion	Divides the body	ENERGI Prime Example	NOTE
Sagittal	Right & Left sides	Squat	Sagittal plane is highly used because gait (walking) occurs in this plane and seated fitness equipment usually only operates in this movement plane.
Frontal	Anterior & Posterior	Lateral step-up	Frontal plane is needed for sports that require the lateral gait system, such as football.
Transverse	Top & Bottom	Plank with twist	Transverse plane is probably the most important and most overlooked in everyday life activities and sports performance.

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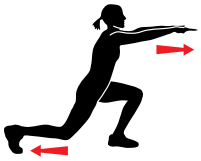
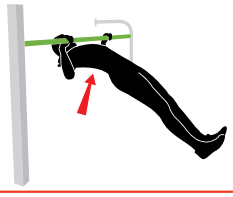
How does ENERGI Prime work? *(continued)*

ENERGI Prime is designed to improve the 7 essential natural movement patterns

ENERGI Prime is based on the seven essential natural movement patterns, which can help improve your quality of life by preparing for the demand of daily tasks, on-the-job activities, and sports & recreational performance:

Movement Patterns		Daily Tasks		Sports and Recreation Activities
Name	Position	Adults	Teenagers	
Squat		Gardening	Getting up from a classroom chair	Baseball Basketball
Lunge		Climbing a staircase	Stepping up to get on a school bus	Fencing Rugby
Bend		Picking up your child	Picking a backpack off the floor	Gymnastics Softball
Push		Pushing a grocery cart	Putting books into a locker	Football Field Hockey
Pull		Raking leaves	Opening a classroom door	Rowing Wrestling
Twist		Sweeping a floor	Turning around to talk to friend in class	Tennis Dancing
Gait		Walking in the park	Walking to school	Running Soccer

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World Class Quality and Durability

Playworld Systems' products are built to last, with premium materials that are the most weather-resistant, vandal-resistant in the industry. ENERGI Prime is available in any of Playworld Systems' color options. For a more detailed list of our materials, visit PlayworldSystems.com/Materials.

Superdurable Paint

- Enhanced, light-stable pigments provide superior UV stability and gloss level retention
- Resists fading up to three times better than the standard TGIC polyester paint

Rotomolded Plastic

- Made with compounded resins for better color absorption and twice the impact resistance of dry-blended resin
- Resistant to UV radiation and solvents so it won't fade or fall victim to permanent graffiti

Tamper-Resistant Stainless Steel Hardware

- Stainless steel hardware will never rust or corrode
- Tamper-resistant bolts included on all clamps and exposed connections
- Locking nuts prevent loosening during use
- Most bolts require only a TORX head driver for easier, hassle-free assembly

Triple-Coated Posts and Tubing

- Triple-coated with high-shield, high-tensile strength and corrosion resistance
- Baked-on powder coating creates durable exterior finish that stays beautiful
- Available in galvanized steel or recycled aluminum

Coped Welding

- Creates stronger, smoother joints because more of the tubing surface is in direct contact at the weldment
- Able to withstand constant use and varying weight loads
- Smoother than traditional flat welds, making them less susceptible to rust

Rust Defender

- Adds an extra layer of protection against rust to our already Superdurable paint
- Keeps weld joints, brackets and high-traffic areas in peak condition

Playworld Systems has eliminated 100% of PVCs from ENERGI Prime, thanks to Eco-Armor®, our healthy, durable alternative to PVC coatings. It's our way of making sure every generation has a healthy planet to play on.

Fiberglass Panels

- Made of UV stabilized, polyester resin reinforced with chopped fiberglass mat.
- All copy and graphics are permanently embedded into the fiberglass panel so it will not delaminate
- Cannot be permanently defaced by steam, mild acids, aromatics, scratching, inks, or paints

LEWISBURG EST 1971 PENNSYLVANIA MADE IN USA

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Benefits of exercise, such as exercising with ENERGI Prime

Physiological benefits

Improves self image and decreases depression and anxiety.

Social benefits

Improves quality of life and ability to perform daily tasks. ENERGI Prime is designed so you can workout with your friends, spouse, even your children.

Health benefits:

- ***Heart*** – improves strength & efficiency of the heart muscle; decreases resting heart rate; improves circulation, helps lower blood pressure and decreases the risk of a heart disease & stroke.
- ***Muscle & Joints*** – improves muscle strength and endurance as well as strengthening ligaments, tendons and cartilage. Improves proprioception, thus improving posture, balance, stability & mobility, and creating a stronger core, back & torso. Also increases range of motion, thus improving flexibility.
- ***Metabolism*** – increases resting metabolic rate (RMR), which is good because when you build more muscle, your body will burn more calories at rest, thus improving the way your body handles sugar and increasing your overall energy levels.
- ***Bone strength*** – helps to reduce the risk of osteoporosis.
- ***Weight loss*** – increases lean muscle mass by decreasing body fat. Thus helping to control blood pressure.

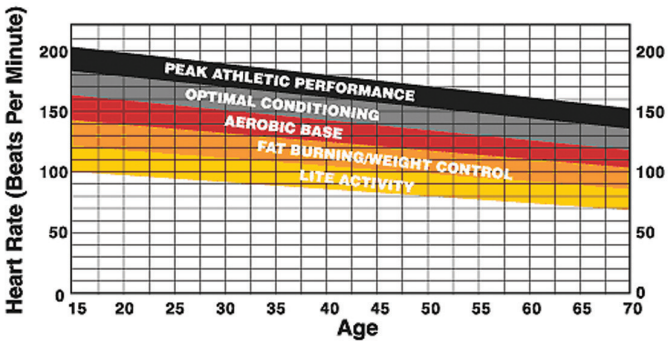
A progression of exercises that take you from low intensity to higher intensity help you burn more calories overall. You'll need to know:

- Exercise in your Target Heart Rate Range (THRR)
- Estimate Maximum heart rate formula:

  220-minus your age =_____

  Multiply each percent of the training zone (x) times your estimated maximum heart rate to create your training zones.

Zone 1: Healthy heart zone or warming up (50-60%)
Zone 2: Temperate zone or aerobic development (60-70%)
Zone 3: Aerobic zone or aerobic endurance (70-80%)
Zone 4: Threshold zone or anaerobic conditioning (80-90%)
Zone 5: Performance zone or speed/power (90-100%)



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Glossary

Aerobic Fitness
Exercise with oxygen; any physical activity in which the body is able to supply adequate oxygen to the working muscles for a period of time.

Anaerobic Fitness
Exercise without oxygen; any physical activity in which the oxygen demands of the muscles are so high that they rely upon an internal metabolic process for oxygen, resulting in lactic acid buildup. Short burst of "all-out" higher intensity movements.

Basal Metabolic Rate (BMR)
The rate at which the body burns calories while awake but at rest to maintain normal body function (usually measured in calories per day).

Bio-Motor
Movement for life and sport necessary for survival as a primal being.

Blood Pressure
The pressure exerted by the blood on the walls of the arteries; measured in millimeters of mercury

Body Composition
The makeup of the body in terms of the relative percentage of fat-free mass (lean muscle) and body fat.

Body Mass Index (BMI)
A relative measure of body height to body weight for determining degree of obesity.

Body Weight Training
Being able to handle one's own body weight as resistance to perform an exercise.

Cardiovascular Fitness
The ability of the body to sustain an activity for extended period of time. The ability of your heart, lungs & organs to consume, transport and utilize oxygen.

Circuit Training
A form of training that takes the participant through a series of exercise stations, sometimes with brief rest intervals in between; can emphasize muscular endurance, aerobic conditioning, muscular strength, or a combination of all three.

Cross Training
A method of physical training in which a variety of exercises and changes in body positions or modes of exercises are utilized to positively affect compliance and motivation, and also stimulate additional strength gains or reduce injury risk.

Delayed onset muscle soreness (DOMS)
Muscle soreness that occurs 24-48 hours after intense exercise and thought to be the result of microscopic tears in muscle or connective tissue.

Dynamic Flexibility
The range of motion about a joint when speed is involved during physical performance; strength, power, neuromuscular coordination, and tissue resistance are all factors. A process of warming up the body prior to exercise.

Exercise
Physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body. Used to improve health and maintain fitness.

Fast Twitch Fibers
Large muscle fiber characterized by its fast speed of contraction and a high capacity for anaerobic glycolysis.

Flexibility
The range of motion possible about a joint.

Frontal Plane
divides the body into front and rear sections

Functional Fitness
Exercises that specifically are designed to improve a client's performance, including specific movements in work, sports, or other activities of daily life.

Gait
The manner or style of walking, jogging, running or sprinting.

Intensity
The physiological stress of the body during exercise; indicates how hard the body should be working to achieve a training effect.

Interval Training
Short, high-intensity exercise periods alternated with periods of rest.

Lactic Acid (Lactate)
A waste product of anaerobic energy production known to cause localized muscle fatigue

Maximal Heart Rate (MHR)
The highest heart rate a person can attain.

Metabolism
The amount of energy (calories) your body burns to maintain itself while eating, sleeping, sitting or exercising.

Metabolic equivalents (METs)
A simplified system for classifying physical activities where one MET is equal to the resting oxygen consumption, which is approx. 3.5 milliliters of oxygen per kilogram of body weight per minute (3.5 ml/kg/min).

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Glossary *(continued)*

Muscle Endurance
The capacity of a muscle to exert force repeatedly against a resistance, or to hold a fixed or static contraction over time.

Muscle Strength
The maximum force that a muscle can produce against resistance in a single maximal effort.

Neuromuscular
The transfer of information from the nerve to the muscle

Neutralizer
Muscles that prevent unwanted motions so that specific motion can occur

Physical Fitness
Conditioning the body for everyday life and sport task. It represents your ability to efficiently perform anaerobic and aerobic activities of daily living (ADL's) which exist in your environment on a daily basis both in life and sport.

Physical Activity
Movement of the body that causes your heart, lungs and muscles to work harder than normal.

Osteoporosis
A disorder in which bone density decreases and susceptibility to fracture increases.

Plyometrics
Exercises that maximize the myotatic (stretch) reflex to teach muscles to produce maximum force faster.

Posture
The position in which you hold your body upright against gravity while standing, sitting or lying down.

Power
The ability to exert force, energy, strength, or might at higher speeds over time.

Proprioceptors
Specialized nerve endings in muscles, tendons, and joints that are sensitive to changes in tension during activity; gives a body part of sense of where it is in space.

Proprioception
Awareness of body's position in space; helps the body to regulate posture.

Repetitions (or Reps)
The number of times you repeat a given exercise or movement in a set. One complete movement (sequence) of an exercise

Rest
Pause between each exercise, which allows muscles to recover partially before beginning the next exercise.

Resting Heart Rate (RHR)
The number of heart beats per minute when the body is completely at rest; usually counted first thing in the morning before any activity.

Resting Metabolic Rate (RMR)
The number of calories expanded per unit time while at rest "sleeping".

Range of Motion (ROM)
The distance and direction of movement of a joint.

Sagittal Plane
Divides the body into right and left halves.

Sets
The completion of the prescribed number of repetitions for a given exercise.

Slow Twitch Fibers
Muscle fiber characterized by its slow speed of contraction and high capacity of aerobic glycolysis.

Stabilizer
Muscles that contract to hold a body part (joint) immobile so a desired movement can be performed in another joint.

Static Flexibility
Range of motion (ROM) about a joint with little emphasis on speed of movement.

Synergist
Groups of muscles that contract together to accomplish the same body movement

Synergy
Coordinating the anatomic systems of the body to perform a smooth, well-controlled movement

Target Heart Rate (THR)
The number of heartbeats per minute that indicate appropriate exercise intensity levels for an individual; also called training heart rate.

Transverse Plane
Divides the body into upper and lower sections.

Tri-planar
Movement that occurs in all 3 planes of motion.

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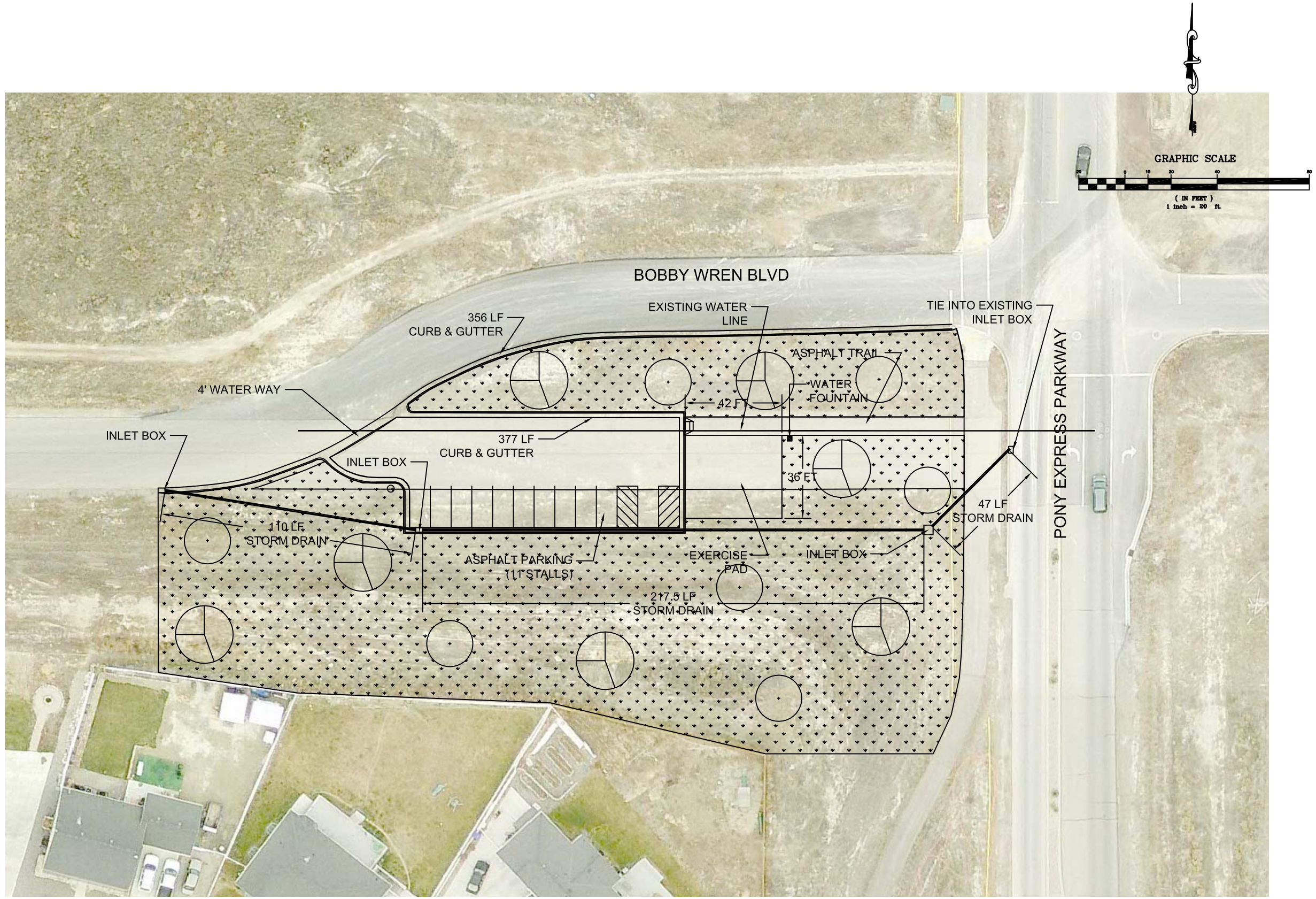

no.	date	

ISSUES / REVISIONS

Consultants

EAGLE MOUNTAIN

Project

WRENS ROOST OPEN SPACE

scale	date
1"=20'-0"	APRIL 2, 2015
drawn	checked
ROBERT BALLIF	CHRIS TRUSTY, P.E.
project no.	sheet no.
	1 OF 1
	revision

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