

Basal Metabolic Rate (BMR) = the rate of energy expenditure for an individual at rest in a supine position (laying down), measured immediately after 8 hours of sleep and 12 hours of fasting.

During submaximal exercise, metabolism will increase in direct proportion to the increase in exercise intensity.

### **Fatigue**

The inability to maintain the required power output to continue muscular work at a given intensity which can be reversed by rest.

Preview from [Notesale.co.uk](http://Notesale.co.uk)  
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