

CrossFit 234 Lingo

- **AMRAP:** As Many Reps (sometimes Rounds) as Possible
- **Active Shoulders:** Proper shoulder position required to comfortably stabilize larger loads on the joint.
- **BMU:** Bar Muscle Up
- **Box:** the term which refers to a CrossFit gym
- **BP:** Bench press
- **Burpee:** The most dreaded CrossFit movement
- **BS:** Back squat
- **CLN:** Clean
- **C&J:** Clean and jerk
- **C2B:** Chest to Bar
- * **Death By:** performing one or more movements every minute, starting with 1 and increasing the amount of reps by 1 for each minute that passes, until you can no longer complete the amount of reps in that minute. 1 rep in first minute, 2 reps in minute 2, and so on.
- **DL:** Deadlift
- **DU:** Double Unders. Jumping rope where the rope passes under your feet twice in one jump.
- * **EMOM:** Every Minute On the Minute
- * **FGB:** Fight Gone Bad (Popular workout that mimics an MMA fight)
- * **Fran Lung:** name for hacking cough and lung-burning sensation one sometimes gets after a particularly hard workout
- **FS:** Front squat
- **GHD:** Glute – Ham Developer. Posterior chain exercise, like a back extension. Also, the device that allows for the proper performance of a glute ham raise or a sit up that isolates abs
- * **The “Girls”:** Many have asked, “*Why are the workouts named after Girls?*” Coach Glassman, the founder and President of CrossFit explained it best. “I want to explain the workout once and then give it a name. I thought that anything that left you flat on your back, looking up at the sky asking ‘what just happened to me?’ deserved a females name. These are also “benchmark” WODs
- **Global (Globo) Gym:** the world-wide accepted norm for what a gym is i.e. LA Fitness, NYSC, YMCA, etc
- * **Hero WOD:** Workouts named to honor fallen heroes such as “Murph” and “DT”. These workouts are usually long and tough.
- **HSPU:** Hand Stand Push Up. Exactly what it sounds like.
- **KB:** Kettlebell

- **K2E:** Knees to elbows. Similar to TTBs described below.
- **Metcon:** Metabolic Conditioning workout
- **MU:** Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.
- **OHS:** Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above the head.
- **Paleo:** A diet of meat and vegetables, nuts and seeds, some fruit, little starch and no sugar.
- **PC:** Power clean
- **POOD:** Weight measure for kettlebells equal to approx. 16.38 kilograms (36.11 pounds)
- **PR:** Personal record
- **PP:** Push press
- **PSN:** Power snatch
- **PU:** Pull-ups, possibly push-ups depending on the context
- **Rep:** Repetition. One performance of an exercise.
 - **RFT:** Rounds for time
 - **Rx'd:** As prescribed; as written. WOD done without any adjustments.
 - **1RM:** Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.
- * **S2O/STO/STOH:** Shoulder to Overhead
- **SDHP:** Sumo deadlift high pull
- **Set:** A number of repetitions. e.g., 3 sets of 10 reps, often seen as 3×10, means do 10 reps, rest, repeat, rest, repeat.
- **SQ:** Squat
- **Scaled:** Substituted an exercise to make it easier, or more difficult. You can scale a movement, prescribed weight, range of motion and/or reps. For example, if you can't do HSPU, you scale to box HSPU or Chinese push-ups.
- **TGU:** Turkish get-up (See exercise section)
- * **TNG:** Touch and Go meaning not dropping the bar
- **T2B:** Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.
- **WOD:** Workout of the day
- * **21-15-9:** A popular rep scheme in which you perform 21 reps of specified movements, then follow up with 15 reps then 9 reps