

## CrossFit Dictionary

**Affiliate** – owners of CrossFit gyms.

**Air Squat** – squat without weights. See definition of squat.

**AMRAP** – As Many Repetitions/Rounds As Possible. Typically in a specified timeframe.

**As Rx'd** – As Prescribed. The suggested parameters for a given exercise. Ex. Weight

**Ass to Grass/Ground (ATG)** – getting as low as possible when doing front, back, or air squats.

**Back Squat** – squat with barbell on you back. See definition of squat.

**Bacon Sizzle** – When someone rolls around post-wod, unable to find a comfortable position because each one just has a different pain associated with it.

**Beast** – a complimentary term used to describe a badass athlete.

**Box** – Name of CrossFit gyms.

**Box Jump** – an exercise where you jump onto and down from an elevated platform

**Burpee** – Gymnastic move that you drop to the ground, do a push-up, jump into a squat and then jump.

**BW** – body weight

**C&J** – Clean and jerk. Lifting movement of moving weight to rack position (clean) and then moving weight above head (jerk).

**C2** – Concept 2 rowing machine

**CFT** – CrossFit Total. The combined weight of your max squat, press, deadlift.

**Chalk** – Helps with grip

**Chin Up** – Bar is held with palms facing you (supinated grip). Pull body up to where chin crosses the bar.

**Chipper** – a workout with many reps and many movements. You chip away at it.

**Clean (CLN)** – Motion of moving weight from ground to rack position.

**Coach** – title of CrossFit trainer.

**CrossFit** – The Sport of Fitness

**CrossFitter** – any person who does CrossFit

**CrossFit Games** – Annual CrossFit competition championship.

**CrossFit Journal** – CrossFit’s internal publication featuring information on workouts, movements, stories, and news. Annual subscription allows unlimited access.

**CrossFit Lung** – name for hacking cough and lung-burning sensation one sometimes gets after a particularly hard workout.

**CrossFit Open** – Initial round of the CrossFit Games. Open to any who completes

**CrossFit Regionals** – regional qualifying competitions for CrossFit Games

**CTB/C2B** – Chest to bar pull up. Pull body up so that chest crosses the bar.

**DFL** – Dead Effing Last

**DNF** – Did not finish

**DNS** – Did not start

**DOMS** – Delayed Onset Muscle Soreness

**Double Unders** – Two turns of the jump rope per jump.

**EMOTM** – Every minute on the Minute

**Front Squat** – squat with barbell in the “Rack position”. See definition of squat.

**Firebreather** – a top-notch athlete

**GHD** – Glute-Hamstring Developer. Intense workout that focuses on the glute-hamstring region.

**GHR** – Glute-Hamstring Raise

**Girl Workout** – Naming structure by CrossFit HQ for WOD’s

**Globo Gym** – Term for traditional gyms

**Goat** – Movement or lift that you are not good at.

**Gorilla** – Someone who is able to muscle through workouts

**GPP** – General physical preparedness

**Greg Glassman** – Founder of CrossFit

**Hang Clean** – Olympic Lift. Barbell starts by hanging from your hips and end in the front squat position. See definition of clean.

**Hang Snatch** – Olympic lift. Barbell starts by hanging from your hips and ends up over your head. See definition of snatch.

**Hero WODs** – Naming structure by CrossFit HQ for WOD's honoring those who have fallen in the line of duty

**HQ** – Refers to CrossFit Headquarters

**HSPU** – Handstand Push Up

**Humility** – Trait every CrossFitter should possess.

**K2E** – Knees to Elbows. While hanging from pull up bar, raise knees up to touch your elbows.

**Kettle Bell** – a common CrossFit weight. Measured in 16lb increments called Pood's

**Kipping** – a rocking motion to help use momentum to complete a pull-up

**Level 1 Certification** – encompasses sufficient understanding of CrossFit's methods, concepts, and movements to continue independent and successful development as a CrossFit trainer or athlete.

**Level 2 Certification** – designed for those who are interested in advancing their training skills by demonstrating, and being evaluated on, their ability to teach CrossFit concepts and movements. The Level 2 Certifications include education on nutrition, programming, the movements, and teaching the movements to others. Also covered are some of the intangibles of training and the business of training. Prerequisites for Level 2 are completion of the Level 1 course, and training others using CrossFit movements and concepts for at least 6 months is recommended.

**Level 3 Certification** – highest level certification. Candidates must demonstrate the ability to train other trainers by attending a CrossFit Level 1 Certification as an intern. It also requires in-depth study of the key components of

CrossFit's programming through attending at least 5 of the CrossFit Specialist Certifications.

**MetCon** – Metabolic Conditioning

**MOBWOD** – Mobility and stretching work

**Muscle Up** – A combination of pull-up and ring dip

**Overhead Squat** – squat with barbell held overhead. See definition of squat.

**Paleo Diet** – following a diet routine of only eating what paleolithic humans ate. Diet excludes any grains and processed food.

**PB** – Personal Best

**Pood (Pd)** – Russian weight measure for kettlebells. 1 pood = 16kg/35lbs.

**Pistol** – One-legged squat.

**Power Clean** – Olympic lift. Barbell starts on the ground and end in the rack position. See definition of clean.

**Power Snatch** – Olympic Lift. Barbell starts on the ground and ends up overhead. See definition of squat.

**PR** – Personal Record. Highest number of reps or fastest time attained at completing a specific WOD.

**Push Jerk** – while holding barbell in rack position, slightly squat down and lift weight above head.

**Push Press** – while holding barbell in rack position, lift weight above head.

**Rack Position** – Bar resting on you collar bone and anterior deltoids support by hands.

**Renegade Rows** – variation of push up. While in push up position holding dumbbells, lift each dumbbell alternately with each arm.

**Rep** – A repetition or instance of a given exercise.

**Rest Day** – a necessary component for recovery

**Rhabdo** – Rhabdomyolysis. Condition where muscle tissue breaks down to the point of poisoning the kidneys.

**RM** – Repetition maximum. The most you can lift for a given number of repetitions.

**ROM** – Range of motion

**Rope Climb** – staple CrossFit workout.

**Score** – denotes number of total reps completed during workout

**Set** – a group of repetitions

**Snatch (SN)** – Olympic lift. Hang Snatch, Power Snatch, Squat Snatch

**Squat** – feet shoulder width apart with feet angled slightly outward. Keeping upper body rigid, bend at the knees lowering upper body in straight line.

**Squat Snatch** – Olympic lift. Barbell starts on the ground and ends up in the overhead squat position. See definition of squat.

**Stabilize the Midline** – Controlling the muscles around the spine to make it stable and strong during exercise

**STFU** – “Shut the f-k up.” Glassman thoughts on treatment for injuries.

**Sumo Deadlift High Pull** – In a wide stance over a barbell, explosively pull the barbell up from the ground to shoulder height.

**Tabata** – A protocol of 20 seconds of exercise followed by 10 seconds of rest. Named after Dr. Tabata.

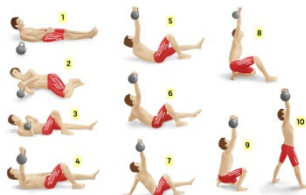
**The Board** – place where everyone’s scores/times are listed in a CrossFit box.

**Thrusters** – Hold barbell in rack position, drop down in squat position with barbell in rack position, return to standing position in exploding motion, pushing the barbell over you head.

**Toes to Bar (TtB)** – while hanging from a pull up bar, bring toes up to bar.

**Touch and Go (TnG)** – No pausing between reps

**Turkish Get Ups (TGU)** –



**Unbroken** – UB. Perform all workouts in a row or start over at the beginning.

**Wall Balls** – Using a medicine ball, drop into a front squat position and stand up using the momentum to push the ball to hit a target on the wall.

**WOD** – “Workout of the Day.” Series of exercises or number of reps for a timed workout