

BASIC TRAINING- ACRONYMS

AMRAP	As Many Rounds or Reps As Possible
BS	Back squat (LBBS=low bar back squat)
BB	Barbell
BP	Bench Press
C&J	Clean and jerk
DB	Dumbbell
DL	Deadlift
EMOM	Every Minute On the Minute
FS	Front squat
G2O	Ground to Overhead
HSPU:	HandStand Push Up
KB	Kettlebell
K2E	Knees to elbows
MBC	Med Ball Clean
ME	Max Effort, often as many as possible in an UB set or in a specific amount of time
Metcon	Metabolic Conditioning
KB	Kettlebell
OHS	Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above (and usually behind) the head
PC	Power clean
PR	Personal record (also Press, sometimes)
PP	Push press
PJ	Push jerk
RFT	Rounds for time
Rx	As prescribed; as written. WOD done without any adjustments.
S2O	Shoulder to Overhead
T2B	Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.
UB	Unbroken – 1 set without stopping
WB	Wall ball
WOD	Workout of the day
WL	Walking lunge
WW	Wall walk