



## CrossFit St. Charles Glossary of Terms

- **AMRAP:** As Many Reps (sometimes Rounds) as Possible
- **BP:** Bench press
- **BS:** Back squat
- **BW (or BWT):** Body weight
- **CFSTC:** Crossfit St. Charles
- **CFT:** CrossFit Total - consisting of max squat, press, and deadlift.
- **CFWU:** CrossFit Warm-up
- **C&J:** Clean and jerk
- **C2:** Concept II rowing machine
- **Chipper-** with many reps of many movements that an athlete chips away at until it is done.
- **DL:** Deadlift
- **DU:** Double Unders-Jumping rope with 2 revolutions to one jump
- **FS:** Front squat
- **GHD** Glute ham raise (developer). Posterior chain exercise, like a back extension. Also, the device that allows for the proper performance of a GHR.
- **GHD Situp:** Situp done on the GHR(D) bench.
- **GTG:** Grease the Groove, a protocol of doing many sub-maximal sets of an exercise throughout the day
- **H2H:** Hand to hand; refers to Jeff Martone's kettlebell "juggling" techniques (or to combat).
- **HSPU:** Hand stand push up. Kick up into a handstand (use wall for balance, if needed) bend arms until nose touches floor and push back up.
- **HPC:** Hang Power Clean. Start with bar "at the hang," about knee height. Initiate pull. As the bar rises drop into a high squat and catch the bar in the racked position. From there, rise to a standing position
- **KB:** Kettlebell
- **KTE:** Knees to elbows. Similar to TTBs described below.
- **MetCon:** Metabolic Conditioning workout
- **MWOD:** Mobility workout of the day
- **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 (and usually behind) the head.
- **PC:** Power clean-Start the clean from the floor and receive in a tall squat position
- **Pood:** Weight measure for kettlebells, 1 pood =33 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.
- **Rx'd; as Rx'd:** As prescribed; as written. WOD done without any adjustments.
- **RM:** Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.
- **Sammich-** A wod that is sandwiched between two cardio movements  
Ex:run 400m, then...  
21-15-9 Thrusters and Pull ups. Then...  
Run 400m
- **Scaled:** decreasing the weights, reps. rounds or time of a wod in order to maintain appropriate intensity for any athlete.
- **SDHP:** Sumo deadlift high pull (see exercise section)
- **Set:** A number of repetitions. e.g., 3 sets of 10 reps, often seen as 3x10, means do 10 reps, rest, repeat, rest, repeat.
- **SN:** Snatch
- **SQ:** Squat
- **Subbed:** Substituted. The **CORRECT** use of "subbed," as in "substituted," is, "I subbed an exercise I can do for one I can't," For example, if you can't do HSPU, you subbed regular pushups. Sadly, many illiterate posters get this bass-ackward, and claim that since they can't do HSPU, they subbed HSPU for pushups. D'oh!
- **TGU:** Turkish get-up (See exercise section)
- **T2B:** Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.
- **WB-**Wall Ball Shots. Shoot a medicine ball to a 10' wall target
- **WU:** Warm up
- **WOD:** Workout of the day
- **21-15-9-** A specific rep scheme for a give wod.  
Ex: 21-15-9 Thrusters and pull ups.  
Round 1 do 21 Thrusters and 21 Pullups,  
round 2 do 15 thrusters and 15 pull ups,  
round 3 do 9 thrusters and 9 pull ups. DONE!