

GLOSSARY

TERM	DEFINITION	TERM	DEFINITION	TERM	DEFINITION
#	Pounds	GHD	Glute Ham Developer	PCE	Posterior Chain Engagement
AHAP	As Heavy As Possible	GPP	General Physical Preparedness	PJ	Push Jerk
ALT	Alternating	GWU	General Warm-up	POP	Point of Performance
AMRAP	As Many Rounds As Possible	HPC	Hang Power Clean	PP	Push Press
B/T	Between	HPS	Hang Power Snatch	PVC	PVC Pipe
BB	Barbell	HR	Hand Release	R	Right
BBJO	Burpee Box Jump Over	HS	Handstand	RD / RDS	Round / Rounds
BBWU	Barbell Warm-up	HSC	Hang Squat Clean	RDL	Romanian Deadlift
BJ	Box Jump	HSPU	Handstand Pushup	RFT	Round For Time
BJO	Box Jump Over	HSS	Hang Squat Snatch	RKBS	Russian KB Swing
BMU	Bar Muscle Up	HSW	Handstand Work	RM	Rep Max
BS	Back Squat	KB	Kettlebell	ROM	Range of Motion
C2B	Chest to Bar	KBS	Kettlebell Swing	SA	Single Arm
C2E	Core to Extremity	KG	Kilograms	SB	Slam Ball
CALS	Calories	L	Left	SDHP	Sumo Deadlift High Pull
CJ / C&J	Clean & Jerk	M	Meters	SDL	Sumo Deadlift
CL	Clean	MB	Med Ball	SJ	Split Jerk
DB	Dumbbell	MBC	Med Ball Clean	SL	Single Leg
DBL	Double	MINS	Minutes	SN	Snatch
DL	Deadlift	MLS	Midline Stabilization	SU	Single Under
DU	Double Under	MOD	Moderate	T2B / TTB	Toe to Bar
E2MOM	Every 2 Minutes on the Minute	MOV'T	Movement	T2R	Toes to Ring
EA	Each	MU	Muscle Up	TNG	Touch and Go
EMOM	Every Minute on the Minute	NFT	Not For Time	TU	Triple Under
EZ	Easy	OH	Overhead	UB	Unbroken
FR	Front Rack	OHS	Overhead Squat	WB	Wall Ball
FS	Front Squat	OLY	Olympic	WL	Walking Lunge
G2O	Ground to Overhead	PC	Posterior Chain	WU	Warm-up

COURTESY OF NCFIT

WHAT IS A HERO WOD?

A Hero WOD (workout of the day) is a tribute to a fallen first responder or member of the military who died while serving honorably in the line of duty.

To the average CrossFitter, Hero workouts are symbolic gestures of respect for our Fallen. CrossFitters from all over the world, regardless of country or allegiance, throw themselves wholeheartedly at these intentionally gut-wrenching workouts that serve as a tribute to our lost protectors. HERO WODS are also BENCHMARK WODS.

EXAMPLES OF HERO WODS:

MURPH

ABBATE

HAMILTON

DT

WHAT IS A BENCHMARK?

A benchmark workout, in the context of fitness and particularly within CrossFit, is a standardized workout used to assess an individual's progress and performance over time. These workouts typically have set movements, rep schemes, and time domains, allowing athletes to compare their results with others and track their improvement. Benchmark workouts serve as important markers in a fitness program, helping athletes gauge their strengths and weaknesses and set goals for future training.

EXAMPLES OF BENCHMARK WODS:

Cindy

Fran

Fight Gone Bad

Filthy Fifty