



THE PLACE TO BE

Crooks Crossfit
Wiedauwkaai 23 Z
9000 Gent

www.crookscrossfit.be 0477 84 77 22

Betekenis afkortingen

- **AMRAP:** complete As Many Rounds As Possible in a given time
- **For time:** complete a defined workout as fast as possible
- **Met con:** a workout focused on metabolic conditioning or “cardio”
- **Benchmark WOD-** a workout that has a name and may be performed multiple times over the year to monitor progress. If your time decreases or you complete more rounds then you have improved. We will record your previous score on these workouts so you will have something to aim for. **The Girls & Hero WOD's-** benchmark's named after girls or fallen war hero's
- **HSPU- Hand Stand PushUp**
- **SDLHP- Sumo DeadLift High Pull**
- **T2B-** toes to bar
- **1RM-** 1 rep max- the maximum amount a give athlete can lift on a single repetition of a given movement. *Example: “Nick's 1RM back squat is 160kg”*
- **BP:** Bench press
- **BS:** Back squat
- **BW (or BWT):** Body weight
- **CLN:** Clean
- **C&J:** Clean and jerk
- **C2:** Concept II rowing machine
- **DHP:** Dead hang pull
- **DL:** Deadl
- **EMOM:** Every Minute On the Minute
- **FS:** Front squat
- **KB:** Kettlebell
- **MP:** Military press
- **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
- **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.
- **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.
- **SPP:** Specific physical preparedness, aka skill training.
- **TGU:** Turkish get-up (See exercise section)
- **TTB:** Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat.