

CrossFit uses a unique language and abbreviations to describe what we do. Here's list to help you get started. We note where an abbreviation is unique to Integral CrossFit.

- **3,2,1, GO** – A Count down used at the start of WODs
- **AIR SQUAT**—a body weight squat which is a staple of ours.
- **AFAP**—As fast as possible, used to modify a piece of work; example AFAP Clean 3x5.
- **AMRAP – As Many Reps/Rounds as Possible**—this is a description of a particular kind of workout, one that is time dependent. The Coach will let you know when the time is up, until then you keep working on the task setup for the workout.
- **Athlete** – This is YOU. As long as you are pursuing health and fitness here at Integral CrossFit we will refer to you as an athlete
- **Box** – CrossFit gyms are typically referred to as a 'box' because they were traditionally located in industrial type warehouses.
- **BP** – Bench press
- **BS** – Back squat with an external object.
- **BW** – Body weight
- **BWUP**—Burgener warmup. A movement sequence that is used to warmup and train the Olympic lifts. Usually done with PVC.
- **BUY IN**—An exercise the opens a workout and is done once or for the rep scheme presented. Example: Run 1k.
- **CASHOUT**—An exercise that ends a workout. See above.
- **CFT** – CrossFit Total – consisting of max squat, press, and deadlift. This is done a couple of times a year as a fun weightlifting contest and to test our strength.
- **CLN** -Clean
- **C&J** – Clean and jerk
- **DL** – Deadlift
- **DNF** – Did Not Finish. For WODs with a fixed amount of work and a time cap, it is possible to not finish the prescribed amount of work in the given time. In such cases, the score will be appended with “DNF”.
- **DNS** – Did Not Start. If for some reason and athlete is an able to start a WOD, they Forfeit their efforts and receive a “DNS”
- **DNC**—Did Not Count. For those people who actually forget or don't care about the count.
- **DU's** – Double unders. When jumping rope the rope passes under your feet 2 times between each jump.
- **EMOM** – Every minute on the minute. So for instance on the whiteboard one day it is written; 10 Push-ups EMOM for 10 minutes. This means that you must do 10 Push ups at the top or beginning of every minute for 10 minutes. This can also be written like EMOXM where the X is a variable time, 2, 3, 4. EMO2M is starting every 2 mins.
- **FS** – Front Squat
- **Girls** – Several classic [CrossFit benchmark workouts](#) that are given female names. The names of these workouts are arbitrary and not named after actual girls.
- **GPP** – General physical preparedness, rather than sport specific training. CrossFit is GPP, where something like Olympic Lifting is targeted to get better at the Olympic lifts.

- **Gymnastics** – Historically, the term “gymnastics” is used to describe exercises that involve controlling body movement, typically with no weight other than body weight such as; sit-ups, push-ups, air squats, ring-rows, box jumps, etc.
- **Heroes** – Several CrossFit Benchmark Workouts are named after CrossFit Athlete’s that have died in the line of duty. These workouts are typically very difficult as a way of honoring these heroes. Unfortunately, the list of Hero WODs continues to grow.
- **HSPU** – Hand Stand Push Up. While in a handstand position against the wall or freestanding. You touch your head to the ground and press all the way up until your arms are locked out.
- **HSQ** – Hang squat (clean or snatch). Start with bar “at the hang,” about knee height. Initiate pull. As the bar rises drop into a full squat and catch the bar in the racked position. From there, rise to a standing position. There are two variations the low and the high hang.
- **KBS** – Kettlebell Swing
- **K2E** – Knees to elbows. Similar to T2Bs described below. We know that 2 is misspelled.
- **Leave Your Ego at the Door**—Sage advice for CrossFit, don’t get in over your head.
- **ME** – Maximum Effort. For example: 2 min ME rowing. That means you will row as hard as you possibly can for 2 full minutes. A maximum effort. This should feel terrible.
- **Metcon** – This is an abbreviation of ‘metabolic conditioning.’ Metcon is training with the intent to enhance performance in one or all of the three metabolic pathways that provide energy for all human action. These metabolic pathways are known as the phosphagen pathway (10 seconds or less), the glycolytic pathway (last up to several minutes) and the oxidative pathway (last in excess of several minutes). The term “metcon” is often misunderstood and incorrectly used by CrossFitters as a synonym for longer-duration cardio vascular training. If it’s not a strength specific workout, it’s a metcon.
- **MU** – Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.
- **NPUB**—No Push Up Burpee, the military squat thrust. A burpee without the pushup.
- **OHS** – Overhead squat. Full-depth squat performed while arms are locked out in a wide grip press position above (and usually behind) the head.
- **Over Training**—The negative effect of chasing too much volume.
- **Paleo** – A term coined by [Dr. Loren Cordain](#) in his book “The Paleo Diet”. A theory of nutrition that humans are best suited to eat only foods that have been available in nature and eaten by hominids (including humans) for millions of years. Paleo nutrition excludes refined sweeteners, grain and grain based foods, alcohol, legumes (beans, peas and peanuts), dairy and other processed or artificial ingredients. Paleo nutrition is a guideline and scientific theory backed up by decades of solid research and common sense; it is not a philosophy, belief system or a religion.
- **PC** – Power clean
- **PP** – Push press
- **PR** – Personal record
- **PSN** -Power snatch
- **PU** – Pull-ups, possibly push-ups depending on the context
- **Rep** -Repetition. One performance of an exercise.
- **RM** – Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.

- **Rx** – Or prescribed. Every WOD and movement has standards. Performing a WOD or movement according to the standards is referred to as doing it “Rx’d”; aka as prescribed. If you modify or “scale” a WOD or movement, it is not Rx. Performing a movement with a partial range of motion or with assistance is also not Rx. We urge all of our athletes to attempt both movements and WODs Rx as long as it is within their ability.
- **Scaling**—this indicates that the work is or can be done at a different prescription than what is originally prescribed. We use scale for a reduced workload and scale up for an increased work load. The choice is yours. You should chose the option that allows you to exert the maximum power for the workout.
- **SDHP** – Sumo Deadlift High Pull. Using a wide stance and narrow grip, you pull the bar from the ground up to your chin, keeping the bar close to your body.
- **SUMO**—a wide stance or positioning of the legs. Like in sitting SUMO.
- **Set** – A number of repetitions. For example; 3 sets of 10 reps, often seen as 3×10, means do 10 reps, rest, 10 reps, rest, 10 reps.
- **SN** -Snatch
- **SQ** -Squat
- **T2B** – Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, lower them and repeat.
- **TEMPO**—This is used to provide a control parameter to a movement. It is written as Eccentric Contraction, Bottom, Concentric Contraction, Top numbers so 1x33 means lower the object for 1 second (1), stay as long or as little as you like at the bottom (x), Raise the object for 3 seconds (3), stay under the object standing 3 seconds (3). Programming with TEMPO allows us to control the Time Under Tension.
- **TNG**—Touch and go. Used for rapid movements of an object from the ground. For example TNG Clean.
- **TGU** – Turkish get-up
- **TUT**—Time under tension. A measure of how long we are working used to control the stimulus we’re under for strength gains.
- **WOD** – Workout of the Day.
- **WOD Brain**—The fog that comes from a hard workout. While this is funny and euphoric we should try to minimize it.
- **WWUT**—What were you thinking? Usually shows up around the second or third round of a workout, that doubt of our sanity.