Crossfit Abbreviaitons

- AMRAP; As Many Reps (sometimes Rounds)as Possible, 가능한 많은 양 반복, 예) amrap 20m, 5풀업, 10스쿼트, 15푸쉬업, 정해진 양을 시간안에 최대한 많이.
- ATG; Ass to Grass
- BP; Bench Press
- BS; Back Squat
- Butterfly Pull up; 키핑풀업 연타
- BW(or BWT); Body Weight
- CFT; Crossfit Total - consiting of max squat, press, and deadlift.
- CFWU:CrossFit Warm-up
- CLN: Clean, 역도의 동작, 바벨을 들어서 프론트 스쿼트 자세로, 역도의 용상.
- C&J: Clean and jerk
- C2: Concept II rowing machine
- CTB/C2B; Chest to Bar, 풀업할때 가슴을 봉에 닿기
- Daily WOD; www.crossfit.com 에 매일 올라오는 와드
- DL: Deadlift
- DU; Double Under, 줄넘기 이단뛰기
- EMOM; Every Minute On Minute, 1분마다 똑같은 거 반복. 예)emom 10R, 135lbs 파워클린 3, 1분에 3개씩 10라운드 총 30개
- FS: Front squat
- GHR(D): Glute ham raise (developer). Posterior chain exercise, like a back extension. Also, the device that allows for the proper performance of a GHR. 발 묶어놓고 가동범위 이상으로 수행하는 싯업, 예)GHD Situp
- GHR(D) Situp: Situp done on the GHR(D) bench.
- GPP: General physical preparedness, aka “fitness.”
- GTG: Grease the Groove, a protocol of doing many sub-maximal sets of an exercise throughtout the day
- H2H: Hand to hand; refers to Jeff Martone's kettlebell “juggling” techniques (or to combat).
- Hang...; 스내치나 클린을 할 때 바가 무릎위에서 시작함. 예)행클린, 행스내치
- 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. 물푸, 물구나무 서서 푸쉬업
- 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
- IF: Intermittent Fasting
- Jerk; 프레스 수행시에 푸쉬로 올라가고 올라가는 동안 다시 몸을 접어서 팔을 폄 이후 골반의 드라이빙으로 수행 예)푸쉬저크
- KB: Kettlebell
- Ladder; 분량이 늘어남. 예) pull up ladder, 0:00~1:00 풀업 한개, 1:01~2:00 풀업 두개, … 최대한 많이하기 10라운드까지 가면 풀업 55개개
- lbs; 파운드, 10lbs는 약 4.5kg 예)쉽게 계산하는 법 100lbs는 약 45kg. 100파운드 반으로 쪼개고 그거 10% 떼면 거의 맞음
- KBS; Kettelbell Swing,
- MEBB: Maximum Effort Black box, term coined by Mike Rutherford. Search the forum for it. Originally laid out in one of the early Performance Menu issues.
- Kipping Pullup; 동적 풀업, 배치기 턱걸이
- KTE: Knees to elbows. Similar to TTBs described below. K2E, 철봉 매달려서 무릎 겨드랑이에 닿기

- MetCon: Metabolic Conditioning workout, 심장 괴롭히는 것.
- MP: Military press
- MU: Muscle ups. Hanging from rings you do a combination pull-up and dip so you end in an upright support.철봉할때 몸을 당겨서 바 위로 넘겨올려 딥 자세 만들기
- 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
- Pd: Pood, weight measure for kettlebells
- Pistol; One leg squat, 한 발 스쿼트
- Power...; 스내치나 클린을 서서 받음 예) 파워클린, 파워스내치
- PR: Personal record, 개인 기록 예)나 오늘 PR찍었어!
- PP: Push press
- PSN: Power snatch
- PU: Pull-ups, possibly push ups depending on the context
- Push...; 프레스나 저크를 무릎과 힙을 이용해 동적으로 수행 예)푸쉬프레스, 푸쉬저크
- Rep: Repetition. One performance of an exercise.
- Rx'd; as Rx'd: As prescribed; as written. WOD done without any adjustments. 수행자 레벨에 따르지 않는 원래 그대로의 강도
- 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 (see exercise section), 스모데드리프트 수행후 슈러그 + 업라이트 로우 추가
- 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 preparednesss, aka skill training.
- SN: Snatch, 역도의 동작, 바닥에서 머리 위로 한 방에, 역도의 인상
- SQ: Squat
- Squat...; 스내치나 클린을 스쿼트 자세로 받음 예)스쿳클린, 스쿳스내치
- SS: Starting Strength; Mark Rippetoe's great book on strength training basics. Available right here.
- 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), 누웠다 일어나는 운동 중 하나
- TTB: Toes to bar. Hang from bar. Bending only at waist raise your toes to touch the bar, slowly lower them and repeat. T2B, 철봉 매달려서 철봉 발로 치기
- WBS; Wall Ball Shot, 벽에다 공던지기
- WO, sometimes W/O: Workout
- WOD: Workout of the day, 그날의 운동,
- YBF: You'll Be Fine (liberally applied in spray form)

From:
https://theta5912.net/ - **reth**

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Last update: **2018/02/14 22:35**