



CROSSFIT MOVEMENTS

The following list does is not all inclusive but goes beyond the 9 foundational movements of CF.

HANGING FROM BAR

[Pullups](#) > [Chest to bar](#), [Kipping](#) /[butterfly kip](#)
[Knees to Elbows \(K2E\)](#) [Toes to Bar \(T2B\)](#)
[Rope Climbs \(Spanish wrap vs J wrap\)](#)

STRONGMAN

[Sandbag Carry/Toss/Clean/Squat](#)
[Battle Rope](#) / [Sledgehammer Hits](#)
[Sled push/pull](#)
[Tire Flip](#)
[The Yoke](#)

GYMNASTICS (movement in space)

[Wall Climb / Wall Walk](#)
[Pistol](#)
[Handstand Hold /Handstand Pushup](#)
[Skin the cat](#)
[Muscle Ups > Bar and Ring](#)

KETTLEBELL

[Farmer Carry / Bottom Up Carry](#)
[Front Rack Lunges](#)
[Goblet Squat](#)
[Renegade Row](#)
[Man Maker](#)
[Russian Twist](#)
[Turkish Getup](#)
[Windmill /Figure 8](#)

GENERAL

[Burpees](#) > [B Box Jump](#), [B Box Over/Facing](#), [B Pullup](#)
[WallBalls \(aka WallBall shots\)](#)
[Slam Ball](#)
[Double Unders \(Jump Rope\)](#)
[GHD \(Glute and Hamstring Developer\)](#)
[Situps](#) > [Sky Plate Crunches](#), [Med Ball Situps](#), [V-Up](#)
[Pushups](#) > [Hand Release](#), [Deficit/Incline](#)
Dips > [Matador](#), [Ring](#), [Box](#)

WARMUP MOVEMENTS

[Good Mornings](#)/Pass Through
Superman/Spiderman/Samson
[Hollow Holds/Rocks](#)
Tin Man / Couch Stretch

CROSSFIT JARGON / TERMINOLOGY

BOX | This is what we call our gym

WOD | Workout of the Day

Benchmark WOD | CrossFit Head Quarters prescribed workout that can help establish and test your current fitness level.

FOR TIME | The clock will not save you

TIME CAP | The clock will bail you out

AMRAP | As Many Reps as Possible in prescribed time

EMOM | Every Minute on the Minute perform prescribed movements

TABATA | 8 rounds of work. 20 seconds on with 10 seconds of rest. Goal is highest intensity possible for 20 seconds.

CHIPPER | Complete all reps in each movement before moving on to next. Workout is usually longer duration, high volume and intensity

HERO WOD | WOD dedicated to a fallen member of military or service man/woman. Usually pretty tough.

KIPPING vs. STRICT | Gymnastics kipping incorporates full body to complete rep vs. isolated movement of strict. Pullups, dips, muscle ups and Handstand pushups are associated with kipping.

METCON | Metabolic Conditioning. Higher intensity and volume

PR/PB | Personal Record / Personal Best

REP vs SET | Number of repetitions of each movement vs number of rounds you will complete the repetitions

HANG/HIGH HANG | Bar is slightly above the knee / Bar is at hip (pocket)

POWER vs FULL | Power movement is caught above parallel (hips above the knee). Full is caught with hips below the knees.

PUSH vs. JERK | Jerk allows for re-bend of hips to create additional drive overhead.

BUY-IN | Work performed prior to workout with WOD to follow immediately after.

CASH-OUT | Work performed after WOD to empty the gas tank.

RX / SCALED | Prescribed volume and intensity vs lower volume and intensity relative to individual work capacity and ability.

RUSSIAN vs AMERICAN | Pertains to kettlebell swings. Russian KB swing is to eye level and American is over the top of the head with arms slightly bent.