



BASIC KETTLEBELL TRAINING ACRONYM and COMMON EXERCISE TERM SHEET

A - Z

AEROBIC = Exercise intended to improve efficiency of the body's cardiovascular system in absorbing and transporting oxygen. Usually longer duration exercise.

ANAEROBIC = Exercise that consists of short exertion, high-intensity movement

AMRAP = As Many Rounds (*or Reps*) As Possible Should be QUALITY though.

ANTERIOR = Front of body

ALT = Alternate or Alternating

AS = Assisted possibly

ASES = Alternate Sides Each Set

ATG = Ass To Grass (Lowest squat range you can do) Not always beneficial...

BB = Barbell

BF% = Body Fat Percentage

BIATHLON = Kettlebell Sport competition including both Jerk and Snatch.

BMI = Body Mass Index

BMR = Basal Metabolic Rate

BU = Bottoms Up

BW = Body Weight

CAL = Calorie

CARB or **CHO** = Carbohydrate macronutrient, nutritionally speaking

CARDIO = Cardiovascular / Cardiorespiratory

CHIRO = Chiropractic or Chiropractor

CL = Clean

C+J = Clean and Jerk (In KB Sport, this is referred to as LC (Long Cycle))

CONCEPT2 or C2 = Prevalent Indoor Rower
CNS = Central Nervous System

DBL = Double
DL = Deadlift
DOMS = Delayed Onset Muscle Soreness

EAA = Essential Amino Acids
EFA = Essential Fatty Acids
EMOM = Every Minute On the Minute
E2MOM = Every 2 Minutes On the Minute (Can be any number)
EPOC = Excess Post- exercise Oxygen Consumption
ExRx = Exercise Prescription

FAT = Fat macronutrient , nutritionally speaking
FB = Fatbell Kettlebell / Dumbbell hybrid
FFM = Fat Free Mass
FIXATION = When KB REP comes to complete stop overhead in GS
FMS = Functional Movement Screen (Gray Cook)
FSQT = Front Squat

GHD = Glute / Hamstring Developer
GI = Glycemic Index and
GL = Glycemic Load
GIANT = Giant Set - group of 3 exercises in a row, no rest
GPP = General Physical Preparedness
GREENS = Green veggies, leafy greens nutritionally speaking
GS = Girevoy Sport (Kettlebell Sport)
GTG = Grease The Groove

HR = Heart Rate
HRV = Heart Rate Variability
HIIT = High INTensity INTerval Training
HS = Hardstyle
H2H = Hand to hand
HYPERTROPHY = Increase in tissue size ex, building muscle mass

IF = Intermittent Fasting - nutritionally speaking Diet Strategy
IIFYM = If It Fits Your Macros - Dieting Strategy

KB = Kettlebell
KETO = Ketogenic
KG = Kilogram or 2.2 pounds

LC = Long Cycle (KB Sport Clean and Jerk. Not based on Duration of Set)
- OALC = One Arm Long Cycle
LMT = Licensed Massage Therapist
LISS = Low Intensity Steady State

MACROCYCLE = The Season as a WHOLE
MESOCYCLE = Particular piece of that training season ex. Strength phase
MICROCYCLE = Smallest piece of the cycle Ex. a week out of a Strength Mesocycle
MACROS = Macronutrients such as PROtein FAT and CARBohydrate
MICROS = Micronutrients
MET = Metabolic Equivalent Test - Calories an individual uses during a specific activities
MHR = Maximum Heart Rate

NO COUNT = A missed rep in KB Sport

OH = Over Head
OHP = Over Head Press
OHSQ = Over Head Squat, etc

PALEO = Relating to the Paleo Diet lifestyle
PENTATHLON = Competition developed by Valery Fedorenko with 5 exercises
PISTOL = Single Leg Squat
POOD = Russian measure of weight. 1 pood is roughly 16kg or 35 lbs
POSTERIOR = Back of Body
PP= Push Press
PR = Personal Record (can also be PB = Personal Best)
PRE = Possibly preworkout nutrition
PRO = Protein macronutrient nutritionally speaking
PT = Physical Therapist (can have different meaning in different areas)
PU = Push Up or Pull Up possibly
PWO = Post Workout sometimes nutritionally speaking

RACK = Position to hold Kettlebell near shoulder, wrist and bicep. End position of clean
RDL = Romanian Deadlift
REP = Repetition
RKC = Russian Kettlebell Challenge
RHR = Resting Heart Rate
RM = Repetition Maximum as in 1RM, 3RM, 25RM
ROM = Range Of Movement

SA = Single Arm can also be OA = One Arm
SL = Single Leg
SET = A number of Repetitions
SFG = StrongFirst Gyras
SN = Snatch
SPP = Specific Physical Prep or Skill
SQ = Squat
SS = Super Set

TABATA = Tabata Protocol (20 sec work 10 sec rest for 8 rounds)
TGU = Turkish Get Up
TRIATHLON = Kettlebell Sport competition including Jerk, Snatch and Long Cycle
TUT = Time Under Tension

VO2MAX = Maximum amount of oxygen an individual consumes during intense exercise
VOLUME = Amount of work done. Usually measured in weight lifted over time.

WM = Windmill
WOD = Workout Of the Day
WORKING SET = Main exercise sets not warmup or cooldown
WU = Warm Up (possibly)

2H = Two Handed

Obviously there can be many, many more, but this should help people new to kettlebell training not feel like outsiders.

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