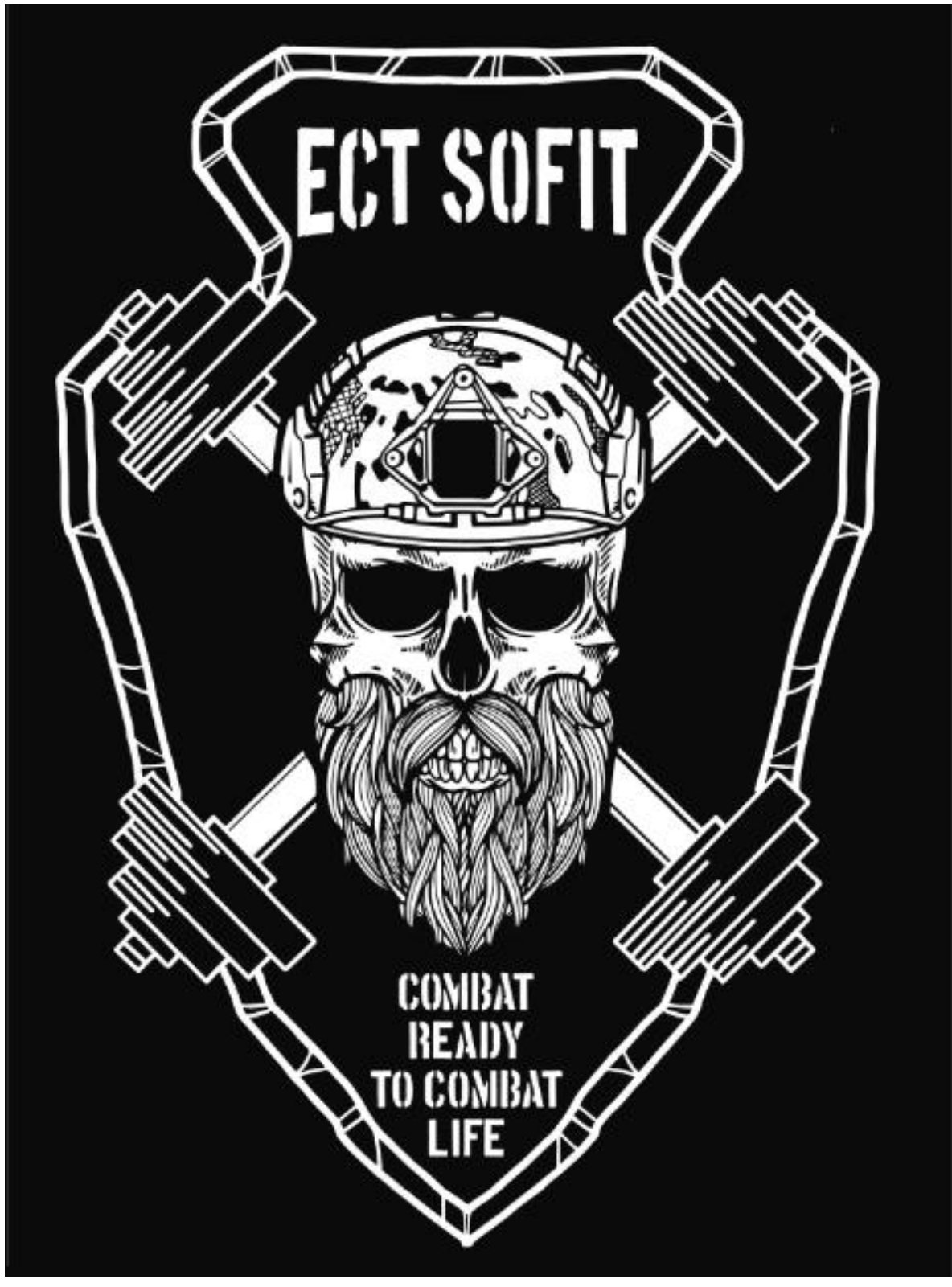


GLOSSARY



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AMRAP: As Many Rounds as Possible

DB: Dumbbell

DB Press: Dumbbell press; lay flat on a bench take a single dumbbell hold it vertical, press up similar to a bench press. Concentrates on the inner chest. Keep chest flexed through the entire movement.

PU: Push-Up

FC: Farmers Carry: Use a dumbbell, Kettle Bell, or Bucket in one hand. Hold the weight on either side and walk/run

V-Ups: Lay on your back, arms and legs straight out. Bring your feet and hands up touching your finger tips to your legs forming a “V”.

KB: Kettle Bell

Ball Toss: Use a medicine ball, hold the ball at your chest squat down in front of a wall as you stand press and throw the ball up the wall catch and repeat

Gobble Squat: Use a KB or DB hold it at your chest and squat

Triceps extension: use a dumbbell or cable machine bend forward at the waist while holding the dumbbell at your side bend your elbow at a 90 degree angle press the

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weight back to 180 degrees with a twisting motion flex your triceps return the weight to the 90 degree position

10/10/10: Use a straight bar or curl bar, curl the bar up half way (90 degree) for 10 reps, then curl the bar all the way up and lower the bar half way for 10 reps, then complete 10 standard curls.

Skull crushers: with a curl bar lay back on a bench press the bar up as if you're doing a bench press slowly bend you arms at the elbow lowering the bar to your forehead then press and squeeze it back up to the original position.

For Time: A term used to complete all of the sets/rounds as fast as possible. Note your time and challenge yourself.

Smoke Sessions: These routines are in reference to the "For Time" routines and are designed to push yourself.

Reverse Crunch: hold yourself in a plank position rotate your hips towards your head in a crunching motion.

Arnold Press: Sit on the end of a bench with a dumbbell in each hand hold the weight in a military press position with your palms facing in press up and rotate your hands 180 degrees so your palms are facing away from you.

HB: Heavy Bag

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Mountain Climbers: Bend over in a football stance with both hands on the floor move your feet in a climbing motion

Hip Thrust: Lay on your back with your knees bent thrust your hips into the air towards the ceiling flexing your gluteus.

Toes to Bar: Hang from a pull-up bar keep your legs straight and curl from the waist bringing your toes up to the bar lower your legs back down.

Push-Up to a Half Squat: Basically a modified Burpee. Do a push-up put your chest to the ground then push-up, at the same time pull you feet under you to a half squat position, then repeat.

Snatch to thruster: Using a KB or DB get into a squat position, with one hand grab the KB or DB as if you were doing a dead lift, as you stand pull (snatch) the weight above your head. Then bring the weight down to your shoulder, complete a squat, and thrust the weight above your head.

Gobble Squat to Trunk Twist: Take a DB or KB in one hand, complete a squat, and then twist to the left and then to the right.

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Plate Press: Take a plate, grasp each side, squat down and touch the plate to the floor, stand, curl the plate up to your chest then press it over your head.

Side Plank Variation: From a plank position twist each hip to the floor.

High to Low Plank: From a low plank put one hand on the mat, as you press up bringing the other hand to the mat. You should end in push-up position. Then lower yourself back down to your elbows. Repeat and alternate.