

CrossFit Human Power woordenboek

**AMRAP**

As Many Rounds As Possible

BP

Benchpress

BS

Back Squat

BW

Bodyweight

BJ

Box Jumps

C&J

Clean and Jerk

CFT

CrossFit Total

DL

Deadlift

DB

Dumbbells

Foundation

Technique Workout

FS

Front Squat

GHD

Glute-Ham Developer

GPP

General Physical Preparedness
(Fitness)

HPC

Hang Power Clean

HS

Handstand

HSPU

Handstand Push-Ups

IF

Intermittent Fasting

KB

Kettlebell

METCON

Metabolic Conditioning

MU

Muscle Up

OH

Overhead

OHS

Overhead Squats

PC

Power Clean

POOD

Unit of measure for kettlebells

PJ

Push Jerk

PP

Push Press

PU

Pull Ups

REPS

Repetitions

RM

Repetitions Maximum

RX

As Prescribed (done with no
modifications)

SDHP

Sumo Deadlift High Pull

Scaled

Aangepaste oefeningen

SET

Een set van herhalingen

SJ

Split Jerk

TABATA

8 rondes 20 sec werken, 10 sec rust

T2B

Toes To Bar

WOD

Workout Of The Day

10!

10.9.8.7.6.5.4.3.2.1

100/70

Male / Female Weight for Workouts