



**When you first walked into Arenal Fitness, there were probably some things written on our walls and whiteboards that looked like a foreign language and you thought to yourself, “What am I getting myself into?” There is a lot to learn and to take in so, in case you forgot what some of the terminology is, here is a list of CrossFit’s most common jargon:**

WOD – Stands for Workout of the Day (or some variation thereof). This all started when Greg Glassman, founder of CF began posting a daily workout for his athletes to follow. Every day, there will be a different WOD posted on our whiteboards. You never do the same WOD, 2 days in a row or even 2 months in a row. You are constantly shocking your system so you never hit those plateaus in your performance you would normally hit during a more traditional fitness regimen.

CFitters – the people who do CrossFit workouts.

KBellers – the people who do CrossFit Kettlebell workouts.

AMRAP – stands for As Many Rounds (or sometimes Reps) As Possible. This is a very common workout structure where you have a set amount of time to do as much work as you can. Most AMRAPs are 20 minutes long, but you will occasionally see some 10, 12, 15, 30 minute or other length workouts.

RFT – stands for Rounds For Time. The opposite structure of an AMRAP, in a RFT workout you have a set amount of work to do and we see how long it takes you.

GHD – Stands for Glute Hamstring Developer. This is a piece of equipment used for back extensions, hip extensions and GHD sit-ups (a very difficult type of sit up). It’s one of the few pieces of specialty equipment CrossFit uses.

SS – stands for Samson Stretch. A full body stretch done at the end of every warm-up where you are down on one knee driving your hips forward to stretch your hip flexors, and your arms overhead extending your arms up and back to stretch your upper body.

SP or SPT – stands for Shoulder Pass Throughs – holding a PVC pipe with your arms straight, move your arms from the front of your body to the back of your body without bending your elbows, passing your head through the space between your arms. Start with your hands at a wide grip and little by little narrow your hands just enough so you can pass through the sticking point in the range of motion.

Goat – Your *goat* is a specific exercise or WOD that you hate to do and you suck at. We don’t know where the term originated from, but we do know that everyone has one! CrossFit philosophy gets us to address our weaknesses, face our goats, and work to improve those area(s) that we suck at the most.

The Girls – These are the named benchmark workouts that the entire CrossFit community around the world understands. Like Hurricanes, they are named after women and will tear you apart. As you repeat these WODs over time they allow you to see your progress through faster times or more reps. Everyone has a favorite and

most hated Girl. When CrossFitters ask about your “Fran” or “Angie” time, they’re talking about workouts, not last weekend’s conquest!

The Heroes – These are the same principle as the girls but they are named to commemorate fallen military and law enforcement personnel who were also CFitters. The Heroes are usually longer and more grueling than the average workout to recognize, in some small and inadequate way, the sacrifice made by these men, women, and their families.

Pukie – This is CrossFit’s mascot. Pukie is a clown that vomits. It stems from CrossFit’s unique to make athletes revisit their breakfast. Although the goal is never to make anyone throw up, occasionally it happens when you’re approaching the limit of your mental and physical tolerance. It takes a lot of mental strength to push yourself to puking in a workout so it’s become a bit of a badge of honor. Most people don’t get there, but then again, most people don’t want to.



Rhabdo – Rhabdo is short for Rhabdomyolysis, a potentially lethal condition in which your muscles are trashed to the point that the cells spill their contents into your blood stream, leading to kidney failure. This is an extremely rare metabolic disorder, but there have been a handful of cases associated with high intensity exercise programs such as CrossFit. While the mascot “Uncle Rhabdo” has led some to believe that CrossFitters make light of this serious condition, we are in fact extremely cautious and take great care to avoid the risks of rhabdo with all our new athletes.



Scaled – When attending a CrossFit class everyone does the same workout...the young, old, fit, and not-so-fit. So how does that work? By scaling down the workouts to an individual’s specific abilities. All of the WODs are infinitely scalable so anyone of any fitness level can do a version that suits their skill level – Big Dawgs, Porch, Pack, Puppies, or Buttercups. If the WOD is too much we can scale down the weight, reps, time, or alter the movements. CrossFit is primarily concerned with functional movements – those skills we need outside the gym – so we are all on the same path, just at different points. *Everybody* scales the workouts in the beginning and it is a big deal to work up to the point of being able to complete a workout without scaling. Which leads us to....

As RX’d – This is completing the workout exactly how it was prescribed without any scaling. Full reps, full weight, full range of motion all in the right order. A lot of the WODs are truly brutal so just completing them as RX’d is a big accomplishment.

PR – Stands for Personal Record. Even though you’re working out with others you’re really only in competition with yourself. When you improve a WOD time or lift a weight you’ve never done before you just got a PR... nice job!

SDHP – This is an exercise with a name so long it had to be changed to an acronym. It stands for Sumo-Deadlift-High-Pull. Sumo is the stance, Deadlift initiates the movement the high pull finishes it.

HSPU – Another acronym. This one stands for HandStand PushUp. Get yourself into a handstand, lower yourself until your head touches the floor, and then push yourself back up into a handstand. Definitely a great party trick!

Kipping – Kipping pull ups are a gymnastics move that allows you to transfer horizontal momentum into vertical momentum. This allows you do pull ups at a faster pace and get more done in a row. At first sight, some people will think it is cheating. But in fact, Kipping uses a lot more muscles allowing you to get more work done fast, thus increasing the power output and the intensity of the move versus a strict deadhang pullup.

KBS – Kettlebell Swings

Box – The box is the name we’ve given to the facility where CrossFit happens. This was most likely just to separate us from the Gold’s Gyms and Pilates Studios out there in world. It’s not a gym, it’s not a studio, it is a box. All you need is a simple box to workout in. No need for all the frills you will find in a “Globo Gym”....

Globo Gym – the big commercial corporate America gyms with thousands of members and you are lucky if any of the employees actually know your name. At Arenal Fitness, we know your name (and then some) and you are part of our Arenal Fitness family!!!