

FiT-ionary

AMRAP - As Many Repetitions/Rounds As Possible. Typically in a specified timeframe.

BW – Body Weight

Chipper – a workout with many reps and many movements. You chip away at it.

DU's - Double Unders

EMOM - Every Minute On the Minute

Goat – Movement or lift that you are not good at.

GPP – General Physical Preparedness

Hero Workouts – Naming structure by MissionFiT HQ for workouts honoring Hero's in the Bible.

MetCon – Metabolic Conditioning

NFT - Not For Time

PB – Personal Best

PR – Personal Record. Highest number of reps or fastest time attained at completing a specific workout.

ROM – Range of motion

RM – Repetition Maximum. The most you can lift for a given number of repetitions.

RYRT - Rest Your Run Time

Tabata - A protocol of 20 seconds of exercise followed by 10 seconds of rest. Named after Dr. Tabata.

Touch and Go (TnG) – No pausing between reps

Unbroken – UB. Perform all workouts in a row or start over at the beginning.