

TRAINING ACRONYMS

DB	DUMBBELL
KB	KETTLEBELL
BB	BARBELL
SS	SUPERSET
AMRAP	AS MANY ROUNDS AS POSSIBLE
EMOM	EVERY MINUTE ON THE MINUTE
TUT	TIME UNDER TENSION
ROM	RANGE OF MOTION
E/S	EACH SIDE
HIIT	HIGH INTENSITY INTERVAL TRAINING
LISS	LOW INTENSITY STEADY STATE
DOMS	DELAYED ONSET MUSCLE SORENESS
PB	PERSONAL BEST
RPE	RATE PERCEIVED EXERTION
WOD	WORKOUT OF THE DAY
NEAT	NON EXERCISE ACTIVITY THERMOGENESIS

