CrossFit Acronyms and Abbreviations

AMRAP: As Many Reps or Rounds as Possible
ATG: Ass to Grass
BP: Bench press
BS: Back squat
BW (or BWT): Body weight
CFT: CrossFit Total - consisting of max Back Squat, Push Press, and Deadlift
CLN: Clean
C&J: Clean and jerk
C2: Concept II rowing machine
DL: Deadlift
FS: Front squat
GHD: Glute ham developer. Posterior chain exercise, hip & back extensions. Also Sit-ups.
GPP: General physical preparedness, aka "fitness"
GTG: Grease the Groove, a protocol of doing many sub-maximal sets of an exercise throughout the day
H2H: Hand to hand; refers to Jeff Martone's kettlebell "juggling" techniques (or to combat)
HSPU: Handstand push up
HSQ: Hang squat (clean or snatch)
KB: Kettlebell
KTE: Knees to elbows
MetCon: Metabolic Conditioning workout
MP: Military press
MU: Muscle ups
OHS: Overhead squat
PC: Power clean
Pd: Pood, weight measure for kettlebells
PR: Personal record
PP: Push press
PSN: Power snatch
PU: Pull-ups, possibly push-ups depending on the context
Rep: Repetition. One performance of an exercise.
Rx'd; as Rx'd: As prescribed; as written. WOD done without any adjustments.
RM: Repetition maximum. Your 1RM is your max lift for one rep. Your 10 RM is the most you can lift 10 times.
SDHP: Sumo deadlift high pull
Set: A number of repetitions. e.g., 3 sets of 10 reps, often seen as 10X3, means do 10 reps, rest, repeat, rest, repeat.
SN: Snatch
SQ: Squat
SS: Starting Strength; Mark Rippetoe's book on strength training basics.

Subbed: Substituted. The **CORRECT** use of "subbed," as in "substituted," is, "I subbed an exercise I can do for one I can't," For example if you can't do HSPU, you subbed regular pushups.
TGU: Turkish get-up
TTB: Toes to bar
WO, sometimes W/O: Workout
WOD: Workout of the day
YBF: You'll Be Fine (liberally applied in spray form)