Talk the Talk & Walk the Walk

Strength & Conditioning has a language all its own! Learning to decipher your program is crucial to your success in the weight room. Understanding the positions and proper “set up” for each lift or drill is essential for your safety and continued athletic improvement. Use this chart to learn the language and then execute!

Here are some examples:

**KB GB Rev. Lunge** = Hold a kettlebell at heart level while performing a reverse lunge

**SL/SA RB Row** = Perform a single arm row with a resistance band while balancing on a single leg

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### Equipment:

- **MB** = Medicine Ball
- **SB** = Stability Ball
- **BB** = Barbell
- **TB** = Trap Bar
- **DB** = Dumbbell
- **KB** = Kettlebell
- **RB** = Resistance Band
- **TRX** = Suspension Straps
- **FR** = Foam Roller

### Useful Abbreviations:

- **LM** = Landmine
- **TUT** = Time Under Tension
- **BA** = Band Assisted
- **WBS** = Wide Base of Support
- **LCOG** = Low Center of Gravity
- **EOP** = “Eyes on the Prize” (Keep eyes up)
- **ETF** = Enjoy the Fight

### Actions/Movements:

- **OH** = Overhead
- **Rev.** = Reverse
- **F** = Forward
- **B** = Backward
- **Lat** = Lateral
- **L** = Left
- **R** = Right
- **Inv.** = Inverted
- **Neg.** = Negative; emphasize the eccentric motion or down phase
- **Hold** = Stay in the same position
- **AMRAP** = As Many Reps As Possible
- **AMTAP** = As Much Time As Possible
- **ALAP** = As Long As Possible
- **AFAP** = As Far As Possible

### Body Positions:

- **SA** = Single Arm; use one arm at a time or hold weight in one hand at a time
- **SL** = Single Leg; use one leg at a time
- **½ Kneeling** = One leg in front at 90 degrees w/ your heel under your knee and one knee on the ground directly under your hip
- **Tall Kneeling** = Both knees down with hips directly over knees and shoulders directly over hips
- **SLDL** = Single Leg Deadlift
- **RDL** = Romanian Deadlift
- **Quadruped** = On all fours; hands on floor directly under shoulders, knees on floor directly under hips, spine neutral
- **RFE** = Rear Foot Elevated; back foot up on the roller or on a bench/box and front foot on the floor in a split squat position
- **FFE** = Front Foot Elevated; front foot up on a platform and back foot on the floor in a split squat position
- **SS** = Split Stance/Squat; front leg bent at 90 degrees and back leg bent at 90 degrees w/ tall, straight torso
- **Deceleration Position** = Feet no more than hip width apart, knees bent and center of gravity low...stopping position for going forward/backward
- **Ready Position** = Low center of gravity, knees bent, butt down and back, on balls of the feet, eyes/chest up, arms at 90 degrees

### Ways to Hold Weights:

- **Racked** = Thumb to clavicle, shoulder packed down and back
- **Farmer/Suitcase** = Hold weight at side w/ arm slightly away from torso, stay tall...think carrying a bucket
- **Bottom’s Up** = Hold KB upside down
- **GB** = Goblet; 2 hand hold at heart level
- **Overhead** = Elbow locked straight, upper arm next to ear