

ACRONYM LIBRARY

Commonly used acronyms and their meanings

Acronym	Meaning
AB	Assault Bike/Air Bike
ADP	Energy
AMRAP	As Many Rounds As Possible
AMRAP	As Many Rounds/Reps As Possible
AnAL	Anaerobic ALactic
AnAL E	Anaerobic ALactic Endurance
AnAL P	Anaerobic ALactic Power
ASLR	Active Straight Leg Raise
ATP	Adenosine Triphosphate
Aux	Auxillary
BB	Barbell
BLG	Basic lifestyle guidelines
BMI	Body Mass Index
BMR	Basal metabolic rate
bMU	Bar Muscle Up
BP	Bench Press
BS	Back Squat
BWT	Bodyweight
C/G/W	Cyclical/Gymnastics/Weights
cal	calories
CC	Constrained Commitment
CCP	Coaching Certificate Program

Acronym	Meaning
CLA	Constraint Led Approach
CP	Creatine Phosphate
CP-ATP	creatine-phosphate-adenosine triphosphate
CRM	Customer relationship management
CV	Constant Variance
DB	Dumbbell
DL	Deadlift
E.X.P.E.R.I.E.N.C.E.	CCP Experience Workouts
EC	Enthusiastic Commitment
EMOM	Every minute on the minute
EST	Energy System Training
FLR	Front Leaning Rest
FME	Fitness Monitoring Exercises
FS	Front Squat
HMIEM	Hierarchical Model of Intrinsic and Extrinsic Motivation
Isometric	Static
k	kilometer
KB	Kettlebell
KBS	Kettlebell Swing
KP	Knowledge of Performance
KR	Knowledge of Results
KTE	Knees-to-Elbow
LE	Lactic Endurance
LP	Lactic Power
LTHD	Long Term Human Development

Acronym	Meaning
LTV	Lifetime Value
m	meters
MAP	Maximum Aerobic Power
ME	Muscular Endurance
MFI	Muscle Fat Analysis
mi	mile
MU	Muscle-Up
NEPA	Noticing, explaining,prescribing, actioning
NME	Neuromuscular Efficiency
NPS	Net Promote Score
O3	Ordering, organizing, and orchestrating
OKRs	Objectives and Key Results
OPEX Gain	CP-ATP System
OPEX Pain	Lactic System
OPEX Sustain	Aerobic System
PBF	Percentage Bodyfat
PC	Power Clean
PS	Power Snatch
RAC	Request a consult
RDL	Romanian Deadlift
RFESS	Rear Foot Elevated Split Squat
rm	Rep Max
RNT	Reactive Neuromuscular Training
RPE	Rate of Perceived Exertion
SA	Single Arm

Acronym	Meaning
SDT	Self Determination Theory
SEMR	Strategy, Execution, Measurement, Refinement
SEO	Search engine optimization
SL	Single Leg
SMART	Specific, Measurable, Achievable, relevant, timely
SMM	Skeletal Muscle Mass
SOP	Standard operating procedure
The 4 C's	Chipper, Constant variance, Circuit, Cyclical
Three P's	Prioritize, Plan, Periodize
TTB	Toes-to-Bar
TUT	Time under tension
VC	Versa Climber