

## **GLOSSARY OF COMMON LIFTING TERMS**

### **Equipment**

*DB = Dumbbell*

*BB = Barbell*

*MB = Medicine Ball*

*GH = Glute Ham Machine*

*Dowel = Very light Bar*

### **Body Parts**

*DL = Double Leg*

*SL = Single Leg*

*SA = Single Arm*

*BW = Body Weight*

### **Workout Structure**

*SS = Superset*

*“Pair with” = aka Superset – perform one set of one exercise then a set of the next then rest and repeat.*

### **Bar Position**

*Front = Front of Shoulder e.g. “Front Squat”*

*Back = Behind the neck or on the back (traps) e.g. “Back Squat”*

*OH = Overhead*

*Zombie = Bar on Front of Shoulders with arms held straight out in front from shoulders e.g. think zombie*

### **Grip**

*Pronated = Overhand*

*Supinated = Underhand*

*Neutral = Palms in or palms facing each other*

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