

Abbreviations



DB

Dumbbell



Alt.

Alternating



BB

Barbell



SL

Single Leg



KB

Kettlebell



SA

Single Arm



MB

Medicine Ball



BW

Body weight



w/

With



BO

Bent Over



Ext.

Extension



Bi

Biceps



SR

Single Rope



Tri

Triceps



SM

Smith Machine



A.S.

Ankle Straps



FM

Free Motion
Machine



TG

Thick Grips



HM

Hammer
Machine



BG

Ball Grips

Equipment



Dumbbell



Barbell



EZ Bar



Medicine Ball



Kettlebell



Bands



Machine (Exercise)

*Any machine that allows you to change weight with a pin



Smith Machine



Free Motion Machine



Hammer Machine

*Any machine that uses weighted plates to increase/decrease resistance



Equipment/Grips



Ankle Straps



Thick Grips



Ball Grips



Rope



Battle Rope



Close Grip



Wide Grip



Hammer Grip
Handle



Reverse Grip



Hammer Grip

