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1	Snatch	Snatch	
2	Clean and Jerk	C&J	
3	Pull Ups	PullUp	
4	Push Ups	PushUp	

5	Squats	Squat	
6	Burpees	Burpee	
7	Handstand Push Ups	HPU	
8	Pistols	Pistol	
9	Box Jumps	BoxJump	

10	Toes to bar	ToesToBar	
11	Handstand Hold	HH	
12	Muscle ups	MuscleUp	

13	Barbell Squats	BarbellSquat	
14	Deadlift	Deadlift	 CrossFit
15	Clean and Push	C&P	 CrossFit
16	Dumbbell Thrusters	DbT	

17	Kettlebell Swings	KbSs	
18	Turkish Get-Up	TurkGetUp	
19	Dumbbell Row	DbRow	
20	Front Rack Lunges	FRLunges	

21	Push Press	PP	
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