

Name	Category	Description
7 of Diamonds	Routine	PAX travel around a diamond (baseball field type set up) doing 7 reps of one exercise at each base/cone. PAX do 14 reps of a different exercise the second time around the diamond, 21 reps the third time, 28 reps the fourth time, 21 reps the fifth time, 14 reps the sixth time, and back to 7 reps the seventh time around.
AB ABCs	Ab Exercise	In a leg lift position, write the letters of the alphabet with your legs. Capital or lower-case - you choose.
Accumulator	Routine	Sometimes called an Accelerator. An accumulation of reps for two exercises completed back to back. Example: Push Ups and Shoulder Taps. Do 1 Push Up, followed by 2 Shoulder Taps, then 2 Push Ups followed by 4 Shoulder Taps. Then 3 Push Ups followed by 6 Shoulder Taps...all the way to 10 and 20. We like to do Squats and Monkey Humpers, Crunchy Frogs and LBCs as well.
Achin Legs	Routine	20 Squats, 20 Step Ups (or box jumps), 20 Lunges, 20 Jump Lunges. Rinse and repeat as many times as you desire.
ALARM	Routine	A-L-A-R-M Arm, Leg, Ab, Run, M Exercise (Example: Shoulder Press, Lunge, LBC, Run, Merkin)
Alligator Push up	Exercise	Push up with one arm positioned slightly forward of the other arm, while the other arm is in the normal push-up position. Alternate hands after each push-up. Can be done as a traveling exercise.
Alternating Shoulder taps	Exercise	From the plank position, alternate touching alternating hand to opposite shoulder.
America Pie Sit up	Exercise	A big girl sit up with a sitting forward fold to toe touch.
AMRAP	TERM	As many reps as possible during a given time period
Angry Donkey Kick	Exercise	While in near crawl position, kick both feet into the air at the same time.
Ankle Biter	Exercise	Laying on back, legs bent with feet on floor. Hands down by the side. Bend to right side touch right ankle, then bend to left side touch ankle. Can be counted in cadence.
AO	TERM	Area of Operation - Location of a workout.
Arm-ageddon	Routine	Arm series. 25 Arms circles forward, 25 arm circles backward, 25 touchdown (Arms straight up and then down to chest level)25 rotate, 25 press together,. 25 overhead press. Q will make the PAX suffer by pausing between each exercise and at the end. Q calls out when to release/drop arms. Can also be done timed 30 secs each for 3 minutes.
Around the World	Routine	Leg series. 10 right forward lunges, 10 right side lunges, 10 squats, 10 reverse Right lunges, 10 reverse left lunges, 10 jump squats, 10 left side lunges, 10 left forward lunges. Can be done with weights. (KC)
Ascending Curb Crawl	Routine	On a quiet curbed street or parking lot, Start on one side bear crawl to opposite curb, turn and place feet up on the curb complete one decline push-up then crawl back to other side do 2 decline pushups, continue until 13.
Baby Shark	Ab Routine	Ab routine to the Baby Shark song: Hold V Sit, Scissor Legs, Large Leg Lifts, V-Ups, Bicycles, In & Outs, Flutter Kicks, Mt. Climbers, V-Sit Arm Swipe, Russian Twist Jazz Hands
Back Blast	TERM	A Write up of what happened in a workout. Responsibility of the workout Q.
Bag of Abs	Ab Routine	A Ziploc bag full of popsicle sticks. Each stick has an ab exercise and rep count written on it. PAX draw a stick and lead the group to complete the exercise either in cadence or OYO. Example: 30 LBCs, 20 Flutter Kicks, 15 Leg Lifts. Bag of Abs is typically used at the end of a workout when you have 5-10 minutes left to spare. Introduced by Partly Cloudy. Embraced, loved, and utilized on the regular by FIA Cherokee.

Bear Crawl	Exercise	Walk on the ground with both and hands and feet, like a bear. Knees are slightly bent
Bear Crawl Dora	Routine	Exactly what you think it is. A Dora. But, instead of running, 1 partner bear crawls to a defined destination and back.
BeatDown (BD)	TERM	A tough, challenging workout under the loving hands of your Q.
Bear Squats	Exercise	In bear crawl position, bend knees like a squat.
Belly to the wall	Exercise	Handstand up against a wall, belly facing toward the wall. The closer to the wall the harder. Have PAX back into the wall.
Bicycle	Exercise	Starting on back with legs bent at 45 degrees, hands behind head, alternate touching right elbow to left knee, then opposite. Simulate a bicycle movement. Can be counted in cadence.
Big Girl Sit Ups	Exercise	Old school sit ups, like you did in PE class.
Bill Murray	Routine	AKA Groundhog's Day. Q selects 4-5 exercises and reps. PAX complete exercises, run a lap, and repeat. Over and over and over again, just like Bill Murray in Groundhog's Day.
Billy Blanks	Routine	A series of embarrassing Tae Bo moves conducted in a public park for the duration of the Beatdown. Exercises include Cross Punches, Speed Bags, Bob N Weaves, Upper Cuts, Front Kicks, Back Kicks, Roundhouse Kicks, Overhead Side Reaches, Butterfly Taps, and Jabs. Coined by Partly Cloudy of FiA Cherokee, follower and lover of Billy Blanks and Tae Bo.
Blackjack	Running Routine	Similar to 11s, but with reps adding up to 21.
BLIMPS	Routine	5 Burpees, 10 Lunges, 15 Imperial Walkers, 20 Merkins (Push Ups), 25 Plank Jacks, 30 Squats
Boat Canoe	Ab Exercise	An ab exercise where you move from boat position to a canoe position. Sit in a Pilates V position (that is boat), extend back and legs out to straighten yourself like a canoe then back up to boat.
Bojangles Biscuit	Running Routine	Completed on a track or school circle. Spring straights, mosey corners. Add exercises if desired.
BOMBS	Routine	Dora, but you spell out BOMBS (50 Burpees, 100 Overhead Press, 150 Merkins, 200 Big Girl Sit Ups, 250 Squats
Boo Boo Bear Crawl	Exercise	Same as bear crawl, except one leg is held up so it is a hopping motion instead of crawling.
BOPO	Exercise	One Regular Burpee, One One-Legged Burpee, One Burpee with a Plank Jack, and One One-Legged (other leg) Burpee. (Cherokee)
Bourbons	Ab Exercise	A Big Girl Sit up with a leg lift and torso twist at the top. Named after FiA Cherokee's Bourbon
Box Cutters	Ab Exercise	Lay on back, legs lifted 1-2 feet off the ground. Move feet out, down, in, up like you are tracing the outside and center of a box.
Brooke Burke	Exercise	Plank position on elbows, rotate hips to one side almost touching the hip to the ground, return to plank neutral position, then rotate to other side. Slow movement. Can be done in cadence.
Bruce Lee	Ab Routine	6 Ab exercises followed by a lap. Completed 6 times. Reps determined by Q.
Burpee	Exercise	1. Stand feet shoulder distance apart. 2. Squat down hand on ground in front. 3. Shift weight to hands, kick legs back to a plank position. 4. Push up. 5. Jump feet to hands. 5. Return to standing position. 6. Jump in place. REPEAT
Burpee Broad jump	Exercise	Burpee then instead of jumping in place, jump forward. Done as a traveling exercise.
Burp and Push	Exercise	Burpee with ascending pushup as the burpee is repeated. Can be done as a pyramid.
Cadence	TERM	Exercises done on a 4 count command by the Q. Example is Q shouts "1,2,3 1..1,2,3 2.... 1,2,3 3"

Camel walk	Exercise	Walk on ground with both hand and feet- like a camel, trying to keep legs straight.
Candlestick Burpee	Exercise	Burpee with added movement between push up and jump up. After push up, jump feet to hands, then rotate body so bottom is on the ground, roll back to heels to heaven, then roll back to feet, stand and jump. That is one rep.
Captain Thor	Ab Routine	1 Sit up, 4 Russian Twists. Continue to increase reps with a 1:4 ratio until you are to 10 sit ups and 40 russian twists
Carolina Dry Doc	Exercise	Modified push up. Bend elbows so your head drops down toward the ground. Like a downward dog push up.
Carousel	Routine	Pax in a circle on their backs heels up. First pax jumps up, going around the exterior of the circle pushing feet down (PAX don't let them touch the ground) other Pax are lifting heels to heaven while down, Pax runs back to spot, then next person goes.
Cherry Picker	Exercise	Stand shoulder width apart, bend at the waist, touch the right toe, touch in the middle of the feet on the ground, then touch the left toe then stand back straight. When beginning the next time start from the opposite side. Usually done in cadence. Good for warm up or stretch at the end.
Circle of Trust (COT)	TERM	A key part at the end of every FiA workout. Circle of Trust involves PAX congregating in a circle post beatdown for attendance count, Name-o-rama, announcements, and closing statment sending FiA's off with uplifting positive thoughts.
Clock Push-up	Routine	Find a hill and line up in plank position at 12 o'clock. 5 push up. Move to 3 o'clock, 5 pushups, move to 6 then 9 o'clock.
CofFIATERIA (CofFiA)	TERM	Where Pax gather post workout to drink coffee, chatter and fellowship
Comms	TERM	FiA Communication of any kind
Convergence	TERM	The act of bringing together FiA's typically from different sites or regions for workouts, SWAGs, or other events.
Conveyor Belt	Routine	PAX perform various exercises assigned to each parking space and move down the conveyor belt either on a timed basis or after a number of reps are completed. PAX in the very first parking space run to the very end and keep going down the belt.
Co Q	TERM	When 2 Q's work together to Q a workout together.
Crab Walk	Exercise	Balancing on hand and feet facing up, hips raised up - walk like a crab.
Crab Cake	Exercise	Face up in a crab walk position. Bring your right foot and left arm up to tap together, then return to ground. Bring your left foot and right arm up to tap together, then return to ground.
Crawl Bear	Exercise	Bear crawl except backwards
Crockpot Squat	Exercise	Regular squat but lowering body slowly on the first 3 counts, lifting up on the 4th count. Weight should be in the heels.
Crunchy Frog	Ab Exercise	In a V-sit like position, wrap your arms around your legs, then quickly extend arms and legs out. Then bring them back in. Repeat.
Curtsy Lunge	Exercise	Lunge variation where in lieu of bringing the back leg straight back, you bring toes back and across the body to the opposite side then lunge down. Alternating sides
Cupid Shuffle	Routine	In plank position, move to the song the Cupid Shuffle. Right leg out, Left leg out, Kick, down to push up.
Cut it out	Routine	Ab series. Laying on back, hands under lower back for support, legs 6 inches off ground, 20 flutter kicks, 20 full scissor kicks up and down feet not touching, then 20 dollowies. Repeat 3 times or can be done to a full song of choice.

Dan Taylor	Routine	1 squat, 4 walking lunges. Reps continue with an increasing 1:4 ratio for a given distance. 2 squats, 8 lunges. 3 squats, 12 lunges. Etc. At the end, PAX feel like "they ain't got no legs"!
Dead bug	Exercise	Usually done with a dumbbell. LBC while holding a weight by its ends above your head, crunching your elbows to your knees while holding the weight.
Decline Pushup	Exercise	Legs raised or elevated so that the push up accents the arms.
Deck of Death	Routine	Q brings deck of cards. Each suit is assigned an exercise. PAX take turns drawing a card and completing the exercise determined by the suit and the reps determined by the value on the card. Royal cards are 10 reps, Aces are 15 typically.
Diamond Push-ups	Exercises	Push-up while positioning both hands directly beneath chest with thumbs and forefingers touching forming what might look like a diamond between your hands.
Dirty Mac Deuce	Routine	4 sets of 3 exercises done to 12 repetitions at a 4 count, with 12 seconds of rest in-between each set. Each set consists of a chest /core/leg.
DiveBombers	Exercise	Down dog, transition to a low hover plank bent elbows sweep the ribcage push forward on tippy toe into an up dog. FiA Winston-Salem
Dolly	Exercise	Ab exercise lying on back, legs raised 6 inches from the ground. Keeping legs parallel to ground, separate legs outward then return to start.
Donkey Kick	Exercise	On all fours, Lift one leg up, foot flexed, heel to the sky. Leg at 90 degree angle and pulse extending leg up and down. Switch leg.
Dora	Running Partner Routine	A partner exercise. One partner gets started on assigned reps, while the other partner runs. When the runner returns, they take over with reps picking up where the other left off. The other runs. Together the two PAX complete the total number of exercises.
Dori	Exercise	Ab exercise. Lay on back, start with legs up perpendicular, lower legs down do a Dolly, then raise legs back up perpendicular at 90 degrees. (Thats one rep)
Doracides	Running Partner Routine	Dora workout, but the runner is running suicides
Double Down	TERM	Posting for 2 workouts, SWAGs or any other THANG in one day.
Drops	Exercise	Standing position 1. Right hand to left high knee 2. Left hand to right high knee 3. Bring left foot up slap with right hand. 4. Bring right foot up slap with left hand 5. Squat (That is one rep) Knee, Knee, foot, foot, squat. These can be done as a quick routine or slowly "walking it out"
Duck Walk	Exercise	Squatting and walking slowly, while relying on your hips, quads, hamstrings and glutes for support.
Dying Cockroach	Exercise	Ab exercise. Lay on back, arms/hands lifted toward the sky. Legs should do same movement as a slow bicycle extending each leg all the way straight before bringing it back in to chest.
Elevens	Running Routine	PAX do 1 rep of 1 exercise, run to different point and do 10 reps of another exercise. PAX continue to travel back and forth increasing the first exercise and decreasing the second to always add up to 11.
Empty Wheelbarrow	Exercise	A belly up plank walk while a partner holds feet. A crab walk with a partner.
Escalator	Routine	Similar to a ladder. Add an exercise with each round.
False Starts	Exercise	Plank position. Then jump in, jump out, then 2 plank jacks. (1 rep) FiA Hampton Roads
Fiddler Crab	Exercise	Perform a crab walk movement sideways
Figure 4 Squat	Exercise	Cross one leg over other to make a 4, and squat.

Flutter kick	Exercise	Ab exercise on back, legs 6 inches off ground doing alternating small kicks usually done in cadence.
FNG	TERM	Friendly New Gal - A female enjoying her first post
Fold the Taco	Exercise	Laying flat on your back, legs straight, arms straight out. Bring leg straight up while sitting up with upper body. Alternate touching hand to opposite foot, like folding a taco one side at a time.
Forties	Routine	High rep version of 11's. Start with 30 reps of one exercise and 10 of the other exercise. Subtract 5 from one side while you add 5 to the other. Example 30 dips / 10 push ups. 25 dips / 15 push ups, 20 dips / 20 push ups
Four Corners	Routine	PAX travel from corner to corner stopping for exercises at each. Travel between corners can vary from running to lunge walks to bear crawls. If time allows to go around the square multiple times, you can increase or decrease reps at each corner to make it an ascending or descending four corner routine.
Four Corners Escalator	Routine	Combo of Four corners and escalator. 4 exercises. First corner- 10 reps run to second corner 10 reps of new exercise + 20 reps of first corner. Run to next corner 10 reps of new exercise, 20 reps of 2nd corner, 30 reps of 1st corner. Run to 4th corner 10 reps, 20 reps of 3rd corner, 30 reps of 2nd corner, 40 reps of 1st corner.
Froggers	Exercise	Plank position, jump feet to outside of hands, then thrust back to plank position. Up and back is 1 rep.
Gun Show	Exercise	An arm exercise, obviously. One arm is extended out to the side, the other arm does a one-armed overhead press. The guns will be burning after 10-20 reps. Make sure to switch arms.
Hand Release Push up	Exercise	Cross fit push up. Pushup performed by lowering all the way to belly, lifting hands off the ground, then back up to push up start position.
Happy Jacks	Exercise	Jumping jacks in cadence, after 5 jumping jacks do 2 jump squats
HC	TERM	Abbreviation for HARD commit - as in "Yes, I will be there!"
Helicopter	Exercise	Plank, hands closer together than shoulder distance. right hand and feet stay planted while you twist bent left arm elbow points towards the sky. rotate back to plank. Other side. Left hand on ground and rotate towards right, right elbow points towards the sky. Can be added to a tabata for nice oblique strengthener. FiA Winston-Salem
Heel Beats	Ab Exercise	Lay on back, legs lifted off the ground. Beat heels together out and in.
High Five Push up	Exercise	Partner plank facing each other. Push up together, on the way up reach out and high five with opposite hands repeat with opposite hands after next push up
Hillbillies	Exercise	Not to be confused with Imperial Walkers. Hands behind head in upright, standing position. Bring same knee to same side elbow. Switch sides.
Hip Dips	Exercise	From a side plank position, lower and raise hips almost touching the ground. Down and up is 1 rep
Imperial March	Routine	Song: The Imperial March... imperial walkers during drum beat of the march, Raggedy Anns in between
Imperial Squat Walker	Exercise	A four count exercise. 1 squat, 2 leg up opposite knee to elbow, 3 squat, 4 other leg up opposite knee to elbow
Imperial Walker	Exercise	Hands behind head in upright, standing position. Bring opposite knee to elbow, then switch sides.
Indian Run	Run Routine	PAX line up single file and mosey slowly. PAX at the very end sprints to the front and calls out an answer to the Q's topic of choice. This continues until all the way back to the start and every PAX has sprinted. Often used as a warm up.

Indian Style LBCs	Exercise	Little Baby Crunches, but with your legs Indian Style (or Crisscross Applesauce) flat on the ground.
Jedi Jacks	Routine	Jacks 5 ways done in a series. Regular jacks, Seal Jacks, Soldier Jacks, Star Jacks and Plank Jacks. Reps can vary, but usually 10 reps each. Good to use when you are explaining the next thing you are going to do in a workout so PAX are not standing still. Yell Jedi Jacks
Jack Webb	Exercise	Push up then air press combination initiated on the Q's command. Ascending rep count of each usually up to 10
Jump shots	Exercise	Standing position, squat down and pick up your imaginary basketball and shoot a jump shot with right hand, then repeat again this time shooting with left hand
King of the Castle	Routine	Q provides coins to PAX. PAX do 10 of an exercise (typically ab, such as Bourbons), flip the coin. If head, keep going and do 10 more. If tails, do 5 of a second exercise (Burpees) then the 10 of the original exercise. Flip the coin again and continue for 10 rounds, until 100 reps are complete. Those that finish first win a lap!
Kiss the Baby	Exercise	Push up position, place a weight between hands, lower body for pushup and kiss the weight. Encourages pax to get lower in the push-up. (Hampton Roads)
Kraken	Routine	This mythical beast of a routine that resembles an octopus consists of 8 stations set around a large circle, each with an exercise. PAX spread out across the stations, complete the specified exercise, then run the outside of the full circle past the station they just completed, to the next station (so a full circle + 1 cone). PAX continue around the circle. 20 reps should be completed for each exercise in the first round. Then 15 in round 2. Then 10 in round 3 and so forth as time allows.
Ladder	Routine	A series of exercises where you tack on a new exercise with each round. Start with push ups for example. Then do push ups and burpees. Then do push ups, burpees, and squats. Etc.
LBCs	Exercise	Little Baby Crunches - on your back in beginning sit up form, but shoulders only come slightly off the ground.
Leg Throwdown	Exercise	Partner 1 lies on back, partner 2 stands above partner 1 head. Partner 1 holds partner 2 ankles. Partner 1 raises legs, heels flexed to sky, Partner 2 pushes Partner 1 legs to the ground, Partner 1 tries to not let legs touch the ground. Can push legs side to side and hard and soft.
Leg Wrecker	Routine	Split PAX into 2 Groups at opposite ends of area. 1 group does reps while the other group does Lt. Dan until they get to the other end. Groups switch.
Load the Buses	Run Routine	Mosey over to the bus lanes at your local school or a long parking lot with well marked spaces. Select 4 exercises to rotate through (example: push-ups, sit-ups, squats, and Hallelujahs). Start at the beginning (bus lane #1) and run down to the last one, do the first exercise and run all the way back. Do 1 burpee at the starting line. Next, run down to the second to last bus lane, do the second exercise, run back to the start, and complete 1 burpee. These are like suicides. Rotate through the 4 exercises. If your spaces are numbered, use the numbers to determine the reps, or set your own number of reps. Continue until you have completed exercises in every bus lane or parking spot.
London Bridge	Routine	Marching glute bridges and glute bridge pulses in a musical cadence to the tune of Fergie's London Bridge. Watch the YouTube video for timing instructions. https://m.youtube.com/watch?v=BJL-PKF0G-Y
The Lovebug	Routine	5 Tricep Dips with 1 Leg Up/Extended. Flip over, do 5 one-leg push ups with same leg extended. Flip over, do 5 Tricep Dips with other leg extended. Flip over, do 5 one-leg push ups with other leg extended. Continue.
Dan Taylor	Routine	1 squat, 4 walking lunges. Reps continue with an increasing 1:4 ratio for a given distance. 2 squats, 8 lunges. 3 squats, 12 lunges. Etc. At the end, PAX feel like "they ain't got no legs"!

Manmaker	Exercise	Burpee, prior to doing push up, row from push up position right arm, then push up then row left arm, then finish the burpee. Can be done with weights.
Mat taps	Exercise	Standing position, side shuffle to the right 2 times (length of a yoga mat), reach down with right hand and tap the ground, then side shuffle back to the left the length of your "mat" and tap the ground with your left hand. Tapping on right then left is 1 rep.
The Millennial	Routine	Q Selects 10 exercises. PAX all start together on 1 of the exercises, trying to get to 100 reps. The first PAX that hits 100 calls it out and all PAX stop and run a lap together. PAX then all start together on the 2nd exercise and try to get to 100. 100 reps x 10 exercises = 1,000. The last exercise is typically burpees and the winner/leader from each of the previous 9 exercises can take a turn leading the PAX in 10 burpee sets.
Monkey Humpers	Exercise	Squat, hold on to ankles, and move your rear up and down like a humping monkey.
Mountain Climber	Exercise	Plank position, bring one knee up alternating. Climbing motion. can be done in cadence.
Name-O-Rama	TERM	The part of the COT where PAX announce their birth name, Age and FIA Name.
Narrow Squat	Exercise	Just like a basic squat but with your legs together
Narrow Squate with Kickback	Exercise	A narrow squat, but with an added kick backwards as you come up. Squeeze at the top of the kick.
Narwhals	Exercise	A one legged glute bridge. (One leg is in the air like a narwhal horn)
Never Have I Ever	Warm Up	Often used as a warm up. Q calls out a Never Have I Ever topic. If PAX HAVE they do one exercise, if PAX HAVE NEVER they do another exercise. Can be used with side shuffles left or right to better identify those guilty and those not. This warm up always results in great chatter and laughter.
Paincakes	Exercise	PAX complete 1 Big Girl Sit Up, roll over, complete 1 Push Up. Roll over and complete 2 Big Girl Sit Ups, roll over, and do 2 Push Ups. This continues all the way to 10 of each.
Parking Space Tracer (PST)	Routine	PAX stand on parking spot line and side step, run backwards, run forwards to trace the line for a given amount of time.
PAX	TERM	People in attendance at the workout.
Pendulum	Exercise	Squat, right lateral leg raise, squat, left lateral leg raise. (That is one rep) Making sure foot is flexed on lateral leg lift.
Peter Parker	Exercise	Plank position, move left knee up to left elbow, then right knee up to right elbow. Feet should be flexed. Should look like Spider-Man.
Parker Peter	Exercise	Same as Peter Parker except opposite knee to elbow.
Pickles	TERM	F3 group working out in a FIA AO
Plank	Exercise	Toes and hands or elbows are the only body parts touching the ground. Body should look like a board.
Plank Jack	Exercise	Plank position, move legs out and in like doing a jumping jack
Plank Up Downs	Exercise	Start in a high plank, move down to forearms/elbows, then back up to high plank.
Post	TERM	To show up physically for a workout or event.
Prayer Squat	Exercise	A body weight squat performed with hands together clasped in front of your chest.

Pretzel Crunch	Exercise	Start in sit up position. Lift left leg and put your left foot on right knee. Put your left arm straight out and your right arm behind the head. Bring elbow to left knee then back down. Switch sides and repeat.
Pretzel Stick	Exercise	Pretzel crunch except with legs straight out and cross one foot onto the opposite knee. Upper body is same as pretzel crunch. Switch sides and repeat
Prisoner Squat	Exercise	Body weight squat performed with hands on your head or laced behind your head.
Protractor	Exercise	While laying on your back, Q calls various angles to hold legs at, such as 10 degrees, 30, 90. Also fun to engage the PAX and call out other FiA determine degree.
Pyramid of Pain	Routine	Start with 5 exercises, lower reps, run 5 laps. Do 4 exercises, higher reps, run 4 laps. Do 3 exercises, higher reps, run 3 laps. Do 2 exercises, even higher reps, run 2 laps. Do 1 exercise, very high reps, run 1 lap.
Q	TERM	The leader of a given workout, or any other FiA event. Derivation - "Qrusader in charge"
Raggedy Ann	Exercise	In a sumo position, hands laced behind the head at the ears, alternate sides reach one hand down and touch the heel of the same side then repeat on the other side. Bending at the waist, keeping the back straight.
Renegade Row	Exercise	Can be performed with weights or no weights. Plank position, row right arm, then left arm, then do a push up.
Reverse Crunch	Exercise	Same position as LBC, head stays on ground, bend knees to 45 degrees and curl to chest.
Reverse Plank	Exercise	Same as plank, facing upward arms and legs straight, feet are flat
Ring of Fire	Routine	PAX form a circle. All PAX do 1 exercise. Q passes a different exercise around the circle. Example: all PAX hold plank. Q starts 5 shoulder taps. PAX to left does 5 shoulder taps as soon as the Q is done. Each PAX completes shoulder taps once the person to their right is done until it gets all the way around the circle and back to the Q.
Rosalita	Exercise	Ab Exercise, lay on back, legs raised to 90 degrees, keep legs perpendicular to the ground, separate legs outward then return to center. Heels should be flexed.
Route 66	Routine	Start with 1 rep then add one additional rep at an interval until you hit 11. Example: Moving along a path with lamp post or parking lot markers, do one Burpee, next marker 2 burpee, 3rd 3 burpee... until you get to 11 which will result in 66 reps.
Rowboat	Exercise	Sit with hands on ground behind slightly behind bottom, bring knees in and out at chest level like a rowboat.
Ruck	TERM	Weighted backpack often worn during a walk to increase calorie burn and intensity.
Russian Twist	Exercise	Seated in partial sit up position with heels off the ground, twist at the waist so that both hands held together touch the ground to the right side, then left side. Can also be done weighted - holding weight or any object in your hand.
Sally	Routine	To the song Flowers by Moby, PAX get in an elbow plank position. Every time the lyrics say "Bring Sally Up", PAX go to a high plank position. Every time the lyrics say "Bring Sally Down", PAX return to elbows. This can also be done with squats, rather than planks.
Scorpion Dry Dock	Exercise	Carolina dry dock with one leg hoisted in the air higher than your bottom.
Scorpion Push up	Exercise	A push-up performed with one leg hoisted in the air higher than your bottom.
Seal Jacks	Exercise	Jumping jack but with arms in front instead of over head.

See You When I See You	Routine	PAX partner up and run opposite directions from one another in a circle. When partners meet back up, they perform a series of exercises together: 10 Push Ups, 10 Sit Ups, 10 Squats, 10 dips. They run opposite directions again and continue decreasing reps with each round. 9 of each, 8, 7, 6, etc. Great for PAX of varying running speeds.
Short, Longer, Longest	Routine	An internal timer routine. Each round has 3 exercises, the first completed for 30 seconds, the second completed for 45 seconds, and the third completed for a full minute. We suggest a plank or wall sit for a full minute, followed by a run between rounds. There is usually enough time for 5-6 rounds completed twice.
Silly Sprints	Routine	Place a deck of cards at a cone a good distance away. PAX run to cone, pick a card, and run back to mats to complete their exercise. The suit on the card selected determines the exercise and the number determines reps. PAX run to select another card once exercises are completed. This continues for 10-15 minutes or until cards run out. PAX with most cards is the winner!
SKinny	TERM	What really happened at the workout or event. Q commentary about the workout.
Sleepwalkers	Routine	If Lt. Dan could Sleepwalk, this would be it. 1 Squat, 2 Toe Touches, 3 Walking Lunges. Then 2 Squats, 4 Toe Touches, 6 Walking Lunges. Then 3 Squats, 6 Toe Touches, and 9 Walking Lunges. Continue to determined destination or maximum rep of Q's choice.
Slurpee	Exercise	Burpee with 2 push ups
Smurf Jacks	Exercise	Jacks performed in a squat position.
Soldier Jack	Exercise	Jumping jack except legs move front to back instead of side to side. Arms are the same as regular jack.
Sparky Crabs	Exercise	Crab walk position, lift one hand and opposite foot, touching hand to foot, return switching to opposite side. Good to do in cadence. (Sparky - Metro)
Speed Skaters	Exercise	Side to side lunge movement while reaching hand across the body to the opposite foot.
Spider-Man Crawl	Exercise	A moving Peter Parker, similar to a bear crawl but elbow meets hands.
Split Squat	Exercise	Lunge done with top of one foot resting on a higher surface such as a bench or wall. Hands on hips, drop straight down careful not to let knee go over toe. Repeat on other leg.
Squat Thrust	Exercise	(Spartan Burpee) Burpee with no push up
Star Jack	Exercise	Combo of jumping jack and jump squat. Squat, jump and arms spread in a "V" so together the legs and the arms make an X
Star Jack Burpee	Exercise	Burpee with a star jump at the end instead of jump
Super Mario	Routine	Run. Varying distance of 2-5 miles. Pax start out together, stopping at various designated places along the route to perform strength exercises. This also allow pax to regroup. Extra stops can be given to faster runners, allowing everyone to finish at the same time. Named from Peel - Metro. Also called a Ring Run.
Super 21	Routine	1 Push Up, 1 Sit Up. 2 Push Ups, 2 Sit Ups. All the way to 21 of each.
Superman Banana	Routine	Start in Superman position (laying belly on ground, arms and legs lifted off the ground), hold this until Q calls Banana then roll over still holding legs and arms off the ground. Hold until Q calls Superman again. Goal is to not touch arms and legs to the ground.
Supines	Exercise	Sit up executed laying flat on back, legs flat on ground, sit up, reach through and touch toes and roll back down.
Surrenders	Exercise	Move from a standing position to a kneeling position keeping your hands up (like you are surrendering) at all times (weights are encouraged).

SWAG	TERM	(Strong Women Achieving Greatness) A convergence of sorts where FiA gather to compete in events to further their greatness and set goals achieving higher success. (FiA positive spin on CSAUP)
Tabata	Routine	A 4 minute routine that involves 20 seconds of work followed by 10 seconds of rest repeated 8 times, for a total of 4 minutes. Can be repeated several times with various exercises.
TAP	TERM	Short for Thoughts and Prayers- quick way to let a FiA know you are thinking of her.
Tempo Push up	Exercise	Push up in cadence with 3 count down 1 count up
THAT THANG	TERM	The Workout. The work that was done. No commentary.
Thunderstruck	Routine	To the song: Thunderstruck - 2 exercises, 1 of choice other is burpee - every time they say thunderstruck you do a burpee.
Top Gun	Routine	AMRAP 10 reps of 5 exercises for 10 minutes total. Danger Zone happens every minute on the minute and requires PAX to do 3 burpees, then return to reps and exercises. Good to do with arm exercises for a total arm burnout.
Tortoise and the Hare	Routine	2 Pax of similar speed, one with a rock or weighted object starts running with a head start, 2nd pax attempts to run down the first tagging them then switching. Continue until Q calls or returned to the starting point. Easily done on a track.
Tricep dip	Exercise	Done best on an elevated surface (bench, curb, step) crab walk position with hand on elevated surface, lower the body using just arms dipping down below the elevated object.
Triple Check	Partner Routine	PAX form groups of 3. 1 PAX goes to one station to complete an exercise. Another PAX goes to a second station to complete a different exercise. The 3rd PAX runs. When the runner returns, PAX rotate. Each PAX should complete each station/run 3 times total.
Triple Nickel	Routine	Start at base, run to opposite end and complete called exercise for 5 reps, run to base and complete exercise for 5 reps, repeating this 5 times. (5/5/5 triple nickel) For an extra challenge perform on a hill
The W.A.S.H	Routine	50 Werkins (wide arm push ups), 100 American Hammers (Russian twists), 150 Step Ups, 200 Hip Thrusters (kind of like a glute bridge but up in crab cake position)
Tunnel of Love	Routine	Pax Plank side by side some one then crawls under the tunnel of planks. Plank when you reach the end, next pax goes.
Turkish Get up	Exercise	Laying on back, use only one arm and your legs to "get up" to a standing positing
Unicycle	Exercise	Flat on back, bring knees to chest, then legs straight into the air flex feet, then slowly bring legs straight down to the floor but not touching then back to chest. That is one rep.
V up	Eercise	Start laying flat, arms above head, perform a sit up while bringing legs straight up to 45 degrees to make a V touching your toes.
VQ	TERM	Virgin Q - A Pax first Q. Celebrated and encouraged
Wall Sit	Exercise	Sitting against a wall with knees bent at a 90 degree angle for a period of time TBD by Q
Walking Planks	Exercise	Plank position, move to from side to side by stepping arms then legs by the number determined by the Q. Example walking plank 5 step to right and then 5 steps to the left.
Wheel of Push ups		Grab a piece of curb and perform a set number of incline push ups, staying in plank position rotate 90 degrees clockwise until your body is parallel to the curb with left hand on curb and right hand off- do push ups, rotate 90 degrees again perform decline push ups, rotate again left down right up and do push ups.
Wide arm push up	Exercise	Push up with hands more than shoulder width a part

Windmill	Exercise	Standing position, feet wider than shoulder width apart, arms straight out. While keeping arms and legs straight touch toes opposite hand to foot. Reaching across the body. Good to use for warm up or stretching at the end.
Windshield Wiper	Exercise	Laying on back, legs straight in the air, rotate legs to the left then back to center then to right
What Does the Fox Say	Ab Song Routine	Ab routine to the Kidsbop version of What Does the Fox Say. Do Indian Style LBCs during the verses and Bicycles during the chorus for the entire duration of the song. PAX will not only complain about the song, but also the ab pain.
X's and O's	Routine	On back with leg and arms extended in a X position several inches off the ground, Q calls O Pax pull legs and arms into chest, Q calls X they extend out into the X position.
Zebra	Exercise	Similar to donkey kick. Downward dog position kick one leg at a time into the air alternating sides.