RISE UP FITNESS
Member resource

NO. 02 · TRAINING

Class lingo & scaling

What the whiteboard means, how to pick your weight, and an easier and harder option for the most common movements.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

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VISIT
343 Bloor Street West, Unit 1R, Oshawa

THE WHITEBOARD

Speak the language

You'll see these on the board in almost every class. Ask your coach if anything else is new.

TERM	WHAT IT MEANS
AMRAP	As many rounds (or reps) as possible in a set time. Score = rounds + extra reps.
EMOM	Every minute on the minute. Start the work at the top of each minute; rest for whatever time is left.
For time	Finish the work as fast as you can. Score = your finish time.
Time cap	The most time you get. If the clock runs out, your score is the reps you finished.
Rx	The workout as written, at the listed weights. Optional, never required.
Scaled	A version adjusted to you: lighter, fewer reps or an easier movement.
Tabata	20 seconds of work, 10 seconds of rest, 8 rounds. Four minutes total.
3 × 10	3 sets of 10 reps. Rest between sets.
Superset	Two exercises back to back, then rest.
RPE	Rate of perceived effort, 1 to 10. A 7 means about 3 reps left in the tank.
PR	Personal record. Your best ever lift, time or score. Ring the bell.
Metcon	The conditioning workout of the day; it gets your heart rate up.

How to pick your weight

1

Choose a weight you can move with good form for every rep in the workout.

2

On the last set, you should have about 2 reps left in the tank.

3

Write it down. Next time, go up one small step if it felt good.

SCALING

Make any workout yours

Your coach will help you choose. These are the most common swaps for the movements you'll see most.

MOVEMENT	EASIER	HARDER
Push-up	Hands on a box or bench	Strict, chest to the floor
Pull-up	Ring rows or banded pull-ups	Strict pull-ups
Box jump	Step-ups	Higher box
Burpee	Step back instead of jumping	Add a jump over the bar
Run	Row or bike the same time	Run with a weight vest
Air squat	Squat to a box	Hold a dumbbell (goblet)
Lunge	Hold the rig for balance	Hold dumbbells
Double-unders	Single jumps, 2–3 × the reps	Unbroken sets
Toes-to-bar	Hanging knee raises	Strict, no swing

Scale the reps too

If a workout says 30 reps and that would take you twice as long as everyone else, do 15 or 20. Aim to finish close to the time your coach suggests.

Hurt or sore?

Tell your coach before class starts. There is always a version of the workout that works around an injury.

! **Form first, then speed, then weight**

Move well, then move faster, then add load. That order keeps you training for years without injuries.