THE CROSSFIT MOVEMENT MAP

WEIGHTLIFTING & EXTERNAL OBJECTS

- BARBELL MOVEMENTS
  - OLYMPIC LIFTS & DERIVATIVES
    - Snatch
      - Squat Snatch
      - Power Snatch
      - Muscle Snatch
      - Hang Snatch (all variations)
      - Snatch Balance
      - Snatch Pull
    - Clean
      - Squat Clean
      - Power Clean
      - Muscle Clean
      - Hang Clean (all variations)
      - Clean Pull
    - Jerk
      - Push Jerk
      - Power Jerk
      - Split Jerk
      - Squat Jerk
      - Jerk Balance
    - Complexes
      - Clean & Jerk
      - Bear Complex, etc.
  - POWERLIFTING & STRENGTH
    - Squat
      - Back Squat (high/low bar)
      - Front Squat
      - Overhead Squat (OHS)
      - Zercher Squat
      - Paused Squat
    - Deadlift
      - Conventional Deadlift
      - Sumo Deadlift
      - Romanian (RDL)
      - Stiff-Legged
      - Deficit Deadlift
      - Rack Pull
    - Press
      - Strict Press
      - Push Press
      - Bench Press (flat/incline/decline)
      - Floor Press
    - Other Foundational Lifts
      - Thruster
      - Good Morning
      - Bent Over Row
      - Pendlay Row
- DUMBBELL MOVEMENTS
  - Dumbbell Snatch (Single-arm, Alternating)
  - Dumbbell Clean (& Jerk)
  - Dumbbell Thruster
  - Devil Press
  - Dumbbell Overhead Squat
  - Dumbbell Walking Lunge (various positions)
  - Man-Maker
  - Renegade Row
- KETTLEBELL MOVEMENTS
  - Kettlebell Swing (Russian / American)
  - Goblet Squat
  - Kettlebell Snatch
  - Kettlebell Clean (& Press / Jerk)
  - Turkish Get-up (TGU)
  - Single-Leg RDL
  - Windmill
- ODD OBJECT & STRONGMAN
  - Medicine Ball
    - Wall Ball Shot
    - Medicine Ball Clean
  - Sled / Prowler
    - Sled Push (high / low)
    - Sled Drag (forward / backward)
  - Sandbag / D-Ball
    - Sandbag/D-Ball Carry (bear hug, shoulder, front rack)
    - Sandbag/D-Ball Clean
    - Sandbag/D-Ball Over Shoulder / Yoke
  - Yoke / Axle Bar / Log
    - Yoke Carry
    - Axle Bar Clean & Press
    - Log Clean & Press
  - Other
    - Tire Flip
    - Farmer's Carry (with kettlebells, dumbbells, or farmer's handles)
- TEAM & PARTNER MOVEMENTS
  - Synchro (Toes-to-Bar, Burpees, etc.)
  - Partner Deadlift
  - Buddy Carry / Fireman's Carry
  - Worm Clean / Thruster / Push Press

GYMNASTICS

- UPPER BODY - PULLING
  - VERTICAL PULLING (ดึงแนวตั้ง)
    - Pull-up Family
      - Scapular Pull-up
      - Strict Pull-up
      - Kipping Pull-up
      - Butterfly Pull-up
    - Chest-to-Bar Family
      - Kipping Chest-to-Bar (C2B)
      - Butterfly Chest-to-Bar
    - Muscle-up Family
      - Burpee Pull-up / Muscle-up
      - Bar Muscle-up (Strict / Kipping)
      - Ring Muscle-up (Strict / Kipping)
    - Climbing
      - Rope Climb (Standard J-Hook / Spanish Wrap / Legless)
      - Pegboard Ascent
  - HORIZONTAL PULLING (ดึงแนวราบ)
    - Ring Row
    - Bodyweight Row / Inverted Row
- UPPER BODY - PUSHING (ส่วนบน - ดันแขน)
  - VERTICAL PUSHING (ดันแนวตั้ง)
    - Handstand Push-up (HSPU) Family
      - Pike Push-up (on floor / on box)
      - Wall-facing HSPU
      - Strict HSPU (with optional deficit)
      - Kipping HSPU
    - Dip Family
      - Bench / Box Dip
      - Bar Dip (Strict / Kipping)
      - Ring Dip (Strict / Kipping)
  - HORIZONTAL PUSHING (ดันแนวราบ)
    - Push-up Family
      - Standard Push-up
      - Hand-Release Push-up
      - Deficit Push-up
      - Ring Push-up
      - Diamond / Wide Push-up
      - Dive Bomber Push-up
  - INVERSION & BALANCE (การทรงตัวกลับหัว)
    - Wall Walk / Wall Climb
    - Handstand Hold (against wall / freestanding)
    - Handstand Walk (forward / backward / pirouette)
- MIDLINE & TRUNK (แกนกลางลำตัว)
  - HANGING (โหนบาร์)
    - Hanging Knee Raise / Tuck
    - Knees-to-Elbows (K2E)
    - Toes-to-Bar (T2B)
    - Strict Toes-to-Bar
    - L-Sit / Tuck-Sit (on rings / parallettes / floor)
  - FLOOR-BASED
    - Sit-up (Abmat / Butterfly)
    - V-Up / Tuck-Up
    - Hollow Rock / Hold
    - Arch Rock / Hold (Superman)
    - Plank (Standard / Side / on Rings)
    - Russian Twist
  - GHD (GLUTE-HAM DEVELOPER)
    - GHD Sit-up
    - GHD Hip Extension
    - GHD Back Extension
    - Sorenson Hold
- LOWER BODY & PLYOMETRICS
  - SQUATTING
    - Air Squat
    - Pistol Squat (One-legged Squat)
    - Shrimp Squat / Skater Squat
    - Cossack Squat
    - Jumping Squat / Squat Jump
  - LUNGING
    - Walking Lunge
    - Reverse Lunge
    - Jumping Lunge
  - JUMPING
    - Box Jump
    - Box Jump Over (facing / lateral)
    - Broad Jump
  - THE BURPEE (เบอร์พีที)
    - Standard Burpee
    - Burpee to Target
    - Bar-Facing Burpee
    - Burpee Over the Bar / Box / other object
    - Devil's Press (ท่าผสมกับ Dumbbell)

MONOSTRUCTURAL / METABOLIC CONDITIONING

- Running
  - Sprint
  - Shuttle Run
  - Distance Run
  - Hill Run
- Rowing
  - For meters
  - For calories
- Cycling
  - Assault/Echo Bike
  - Concept2 BikeErg
  - Schwinn Airdyne
- Skipping
  - Single-Under
  - Double-Under
  - Crossover
  - Double- Crossover
- Skiing
- Swimming (Any stroke, often freestyle)
- Stair Climb / Hill Climb (weighted or unweighted)

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