



# MAY 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> <b>Primary:</b> Back Squat <b>Secondary:</b> Horizontal Press (& Pull) <b>Skill:</b> "Murph" Practice (Push-ups, Pull-Ups, Endurance)			1 <b>Second Strength:</b> Horizontal Press & Pull	2 <b>Skill:</b> Murph Prep CFG AGOQ Begins!	3 <b>Primary Strength:</b> Back Squat CFG AGOQ	4 CFG AGOQ
5 <b>AM: Devil Mtn Run!</b> 5k or 10k <b>PM: Apex Parkour</b> Diablo Adventure Club CFG AGOQ	6 <b>Skill:</b> Murph Prep CFG AGOQ	7	8	9 <b>Primary Strength:</b> Back Squat	10 <b>Second Strength:</b> Horizontal Press & Pull	11
12	13 <b>Second Strength:</b> Horizontal Press & Pull	14	15 <b>Skill:</b> Murph Prep	16	17 <b>Primary Strength:</b> Back Squat	18
19	20 <b>Skill:</b> Murph Prep	21	22	23 <b>Primary Strength:</b> Back Squat	24	25 <b>Second Strength:</b> Horizontal Press & Pull
26	27 <b>MURPH</b> Memorial Workout BBQ After	28	29	30	31 <b>Primary Strength:</b> Back Squat	