

JUNE 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Power Clean ✓ Secondary: Front Squat ✓ Skill: Strongman						BENCHMARKS: ✓ Girl: Cindy ✓ Hero: Harper
2	3	4	5	6	7	8
<input type="checkbox"/>	<input type="checkbox"/>	Primary Strength: Power Clean <input type="checkbox"/>	<input type="checkbox"/>	Skill: Strongman <input type="checkbox"/>	2nd Strength: Front Squats <input type="checkbox"/>	<input type="checkbox"/>
9	10	11	12	13	14	15
<input type="checkbox"/>	Primary Strength: Power Clean <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2nd Strength: Front Squats <input type="checkbox"/>	<input type="checkbox"/>	Intra-Gym Comp "Double-Dutch" <input type="checkbox"/>
16	17	18	19	20	21	22
<input type="checkbox"/>	CF Girl: "Cindy" <input type="checkbox"/>	Primary Strength: Power Clean <input type="checkbox"/>	Skill: Strongman <input type="checkbox"/>	<input type="checkbox"/>	2nd Strength: Front Squats <input type="checkbox"/>	<input type="checkbox"/>
23	24	25	26	27	28	29
<input type="checkbox"/>	Primary Strength: Power Clean <input type="checkbox"/>	<input type="checkbox"/>	2nd Strength: Front Squats <input type="checkbox"/>	<input type="checkbox"/>	Norcal Classic Competition <input type="checkbox"/>	CF Hero: "Harper" Norcal Classic <input type="checkbox"/>
30						
Norcal Classic <input type="checkbox"/>						