AUGUST 2019

PROGRESSIVE PROGRAMMING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: √ **Primary:** Clean & Jerk √ **Secondary:** Overhead Squat √ **Skill:** Toes-to-Bar **BENCHMARKS:** √ **Lift:** Clean & Jerk 1RM √ **CF Girl:** Nancy				1	2 **2nd Strength** Snatch Grip PPress+ Overhead Squat Complex	3
4	5 **Primary Strength** Clean & Jerks 5x3	6	7 **Gymnastic Skill** Toes-to-Bar Progression	8 **2nd Strength** Snatch + OHSquat Complex	9	10 **Primary Strength** Clean & Jerks
11	12	13 **Gymnastic Skill** Toes-to-Bar Progression	14 **Primary Strength** Clean+FS+Jerk Progression	15	16	17 **2nd Strength** Overhead Squat 5x3
18	19 **Primary Strength** Clean & Jerks 6x2	20	21	22 **Gymnastic Skill** Toes-to-Bar Progression	23 **2nd Strength** Overhead Squat 6x1	24
25	26	27 **Primary Strength** Clean+Jerk 1RM 1-1-1-1-1-1-1	28	29	30 **CrossFit Girl** "Nancy"	31