

SEPTEMBER 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 Primary Strength C&J Cycling Complex <input type="checkbox"/>	4 Skill EMOM Open Prep <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 2nd Strength FR Lunge + Ring Rows <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 Primary Strength Snatch Cycling Complex <input type="checkbox"/>	11 2nd Strength Rev. Lunge + Ring Rows <input type="checkbox"/>	12 <input type="checkbox"/>	13 Skill EMOM Open Prep Benchmark CFG Open 15.1a/b <input type="checkbox"/>	14 <input type="checkbox"/>
15 <input type="checkbox"/>	16 Primary Strength Thrusters <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 2nd Strength OH Walking Lunge + Ring Rows <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 Primary Strength Snatch & C&J Cycling Complex Benchmark 400m Run <input type="checkbox"/>	25 Skill EMOM Open Prep <input type="checkbox"/>	26 2nd Strength FC Walking Lunge + Ring Rows <input type="checkbox"/>	27 <input type="checkbox"/>	28 Benchmark Max Snatch (part of E2MOM) <input type="checkbox"/>
29 <input type="checkbox"/>	30 Primary Strength Deadlift, Cleans & S2OH Cycling <input type="checkbox"/>	<p>PROGRESSIONS:</p> <ul style="list-style-type: none"> ✓ Primary: Barbell Cycling ✓ Secondary: Lunges + Ring Rows ✓ Skill: CFG Open Prep <p>BENCHMARKS:</p> <ul style="list-style-type: none"> ✓ Lift: Snatch 1RM & C&J (15.1b) ✓ CF Open: 15.1a & 15.1b ✓ Other: 400m Run 				