

June 2020



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Primary: Deadlift 4x8	3	4 Skill: Toes-to-Bar	5 Secondary: Hang Snatch Complex	6
7 CFG Open 19.1	8 Primary: Deadlift 5x5	9	10	11	12 Secondary: Hang Snatch Complex	13 Skill: Toes-to-Bar
14	15 Secondary: Hang Snatch Complex	16 Primary: Deadlift 5x4	17 Skill: Toes-to-Bar	18	19	20 CFG Open 20.4
21	22 Primary: Deadlift 5x3	23 Skill: Toes-to-Bar	24	25 Secondary: Hang Snatch Complex	26	27 CFG Open 17.2
28	29	30 Primary: Deadlift 7x1 1RM	PROGRESSIONS: ✓ Primary: Deadlift ✓ Secondary: Hang Snatch ✓ Skill: Toes-to-Bar		NOTABLES: ✓ 1RM Deadlift ✓ CFG Open 19.1 ✓ CFG Open 20.4 ✓ CFG Open 17.2	