

# December 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Skill Work	2 Deadlift 5x5	3 Strict Press 3x5 Push Press 3x3 Push Jerk 4x1	4	5
6	7	8 Superset Press Complex Single Arm Row	9 Deadlift 5x4	10	11 Skill Work	12
13	14 Skill Work	15 Deadlift 5x3 & "DCF Newbie"	16 Superset Press Complex Renegade Rows	17	18	19
20	21 •1-1-1-1 Barbell Strict Press •3-3-3 Push Press •5-5-5 Push Jerks	22	23	24 12 Days of Christmas Or Deadlit 5x2 (Dload)	25 Mono Structural Conditioning	26
27 Weighted Pull-up Test	28	29	30 Deadlift Test	31 2007 Games Couplet	<b>NOTABLES:</b> ✓ 1RM Deadlift ✓ 12 Days of Christmas ✓ DCF Newbie ✓ 2007 Games Couplet	✓ 1 RM Strict Press ✓ 3 RM Push Press ✓ 5 RM Push Jerk ✓ 5 RM Push Jerk