

# April 2021



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Deadlift ✓ <b>Secondary:</b> Back Squat + DB Bench ✓ <b>Skill:</b> Balance		<b>NOTABLES:</b> ✓ <b>CF Hero:</b> "Ryan" or GI Jane ✓ <b>CF Girl:</b> "Helen" ✓ <b>2RM</b> Back Squat ✓ <b>3RM</b> Deadlift		1 "Ryan" or "GI Jane"	2	3 <b>Primary</b> Deadlift
4	5 <b>Secondary</b> Back Squat & DB Floor Press	6	7 <b>Skill</b> Balance & Core Drills	8 <b>Primary</b> Deadlift	9	10
11 "Helen"	12	13 <b>Secondary</b> Back Squat & DB Bench Press	14	15 <b>Skill</b> Balance & Core Drills	16 <b>Primary</b> Deadlift	17
18	19 <b>Secondary</b> Back Squat & DB Bench Press	20 <b>Skill</b> Balance & Core Drills	21	22 <b>Primary</b> Deadlift	23	24
25	26 <b>Skill</b> Balance & Core Drills	27 <b>Secondary</b> 2RM Back Squat & MR DB Bench Press	28	29	30 <b>Primary</b> 3RM Deadlift	31