

May 2021



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Back Squat ✓ Secondary: Press & Row ✓ Skill: Gymnastic + Jumping & Throwing		NOTABLES: ✓ 1RM Back Squat ✓ 1 Mile Run ✓ 3RM Push Press ✓ 2k Row ✓ Murph				1
2	3	Secondary Strength Push Press + Strict Press Complex	Primary Strength High Bar Back Squat	6	Skills + 2K Row	8
9	1 Mile (Buy in for WOD)	Primary Strength High Bar Back Squat	Skills	13	Secondary Strength Push Press + Strict Press Complex	15
16	Primary Strength High Bar Back Squat	Secondary Strength Push Press + Strict Press Complex	19	20	Skills	22
23	24	Primary Strength Test 1RM High Bar Back Squat	Skills	27	Secondary Strength Test 3RM Push Press	29
30	"Murph"					