

October 2021



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Front Squat ✓ Secondary: Deadlift + Bench Press ✓ Skill: Rowing Pace Development			NOTABLES: ✓ 1RM FS ✓ 3RM Deadlift ✓ 5RM Bench Press ✓ "Green Machine"		1	2
3	Primary Strength Front Squat	Skill Pacing	6	7	Secondary Strength Deadlift + Bench Press Superset	9
10	11	Primary Strength Front Squat	Skill Pacing	Secondary Strength Deadlift + Bench Press Superset	15	16
17	Primary Strength Front Squat	19	20	Skill Pacing	Secondary Strength Deadlift + Bench Press Superset	23
24	25	Primary Strength Front Squat	27	Secondary Strength Deadlift + Bench Press Superset	Skill Pacing	30