

December 2021



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Deadlift ✓ Secondary: Overhead Press ✓ Skill: Rope Climbs	NOTABLES: ✓ 1RM Deadlift ✓ 1RM Strict Press ✓ 3RM Push Press ✓ 5RM Push Jerk	✓ 4 NEW PR's Benchmark Workouts ✓ Back to Back 500m Repeats	1 Primary Strength: Deadlift	2	3 Skills: Rope Climbs + EMOM	4
5	6	7 Primary Strength: Deadlift	8 Skills: Rope Climbs + EMOM	9 Secondary Strength Strict Press 3x5 Push Press 3x3 Push Jerk 4x1	10 Benchmark A	11
12	13 Primary Strength: Deadlift	14 Skills: Rope Climbs + EMOM	15 Benchmark B	16	17 Secondary Strength Strict + Push Press Complex	18
19	20 Benchmark C	21 Primary Strength: Deadlift	22 Skills: Rope Climbs + EMOM	23 Secondary Strength Push Press + Jerk Complex	24 12 Days of Christmas	25
26	27 Deadlift Testing	28	29 Benchmark D	30	31 Secondary Strength Strict Press 4x1 Push Press 3x3 Push Jerks 3x5	