

February 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Open Skill EMOMs	2	3 Secondary Strength Barbell Cycling	4 20.5	5
6	7	8 Primary Strength: Snatch EMOM	9 Secondary Strength Dumbbell Complex	10 Open Skill EMOMs	11 20.4	12
13	14 Primary Strength: Overhead Squat	15 Open Skill EMOMs	16	17 Secondary Strength DB Lunge Complex	18 17.3	19
20	21 Secondary Strength DB Snatch Press Complex	22 Primary Strength: Back Squat	23	24 Open Skill EMOMs	25 20.1	26
27	28 Primary Strength: Strict Press	NOTABLES: ✓1RM Snatch ✓5RM Overhead Squats ✓2RM Back Squat ✓1RM Strict Press ✓Open 20.5, 20.4, 17.3, 20.1 ✓Tabata Air Bike (Max Cal)				