

January 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>PROGRESSIONS: ✓ Primary: Constantly Varied Lifts ✓ Secondary: Barbell Cycling ✓ Skill: EMOMs with Open Skills</p>						1 Open 19.4
2	3 Primary Strength: Front Squat	4	5 Barbell Cycling: Hang Power Snatch	6 Open Skill EMOMs	7	8 Open 19.3
9	10 Open Skill EMOMs	11 Primary Strength: Push Press	12	13 Barbell Cycling: Hang Power Clean	14	15 Open 18.2 & 18.2a
16	17 Primary Strength: Hang Squat Clean	18 Open Skill EMOMs	19 Barbell Cycling: Power Snatch	20 "The Shed"	21	22 Open 13.4
23	24 Open Skill EMOMs	25 Primary Strength: Power Snatch	26	27 Barbell Cycling: Cluster	28	29 Open 14.3
30	31 Primary Strength: Power Clean & Jerk	<p>NOTABLES: ✓ 5RM Squat Hang Squat Clean ✓ 3RM Power Snatch ✓ 3RM Push Press ✓ 2RM Power Clean & Jerk ✓ "The Shed" ✓ Open Events: 19.4, 19.3, 18.2 & 18.2a, 13.4, & 14.3</p>				