

April 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
PROGRESSIONS: ✓ Primary: Deadlift ✓ Secondary: Back Squat + DB Bench ✓ Skill: Balance & Stability				NOTABLES: ✓ 2RM Deadlift ✓ 2RM Back Squat ✓ CF Girl: "Helen"		1	2
3	4 Secondary Strength Back Squat + DB Bench Superset	5 Skill	6	7 Primary Deadlift	8	9	
10	11	12 Secondary Strength Back Squat + DB Bench Superset	13 Skill	14	15 Primary Deadlift	16	
17	18 Secondary Strength Back Squat + DB Bench Superset	19 Skill	20	21 Primary Deadlift	22	23	
24	25 Secondary Strength Back Squat + DB Bench Superset	26 Skill	27	28 Primary Deadlift	29	30	