

May 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Back Squat ✓ Secondary: Broken Down Power Clean ✓ Skill: Strict Ring Dips + Posterior Planks						
			NOTABLES: ✓ 1RM Back Squat ✓ 1RM Power Clean ✓ "Barbara"		✓ "Angie" ✓ "Amanda" ✓ "Elizabeth" ✓ "Murph"	
1	2 Primary Strength: Back Squat	3 Secondary Strength: Clean Pull + Hang Power Clean	4	5	6 Skill: Ring Dips	7
8	9 Secondary Strength: Clean Pull + Hang Power Clean	10 Primary Strength: Back Squat	11 Skill: Ring Dips	12	13 "Barbara"	14
15	16 Primary Strength: Back Squat	17 Secondary Strength: Clean Pull + Hang Power Clean	18	19 Skill: Ring Dips	20 "Angie"	21
22	23 Secondary Strength: Power Clean EMOM	24 Primary Strength: Back Squat Test	25	26 "Elizabeth"	27	28
29	30 "Murph"	31				