

# July 2022



@prsallday  
prsallday.com  
youtube/prsallday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Squat Clean ✓ <b>Secondary:</b> Jerks ✓ <b>Skill:</b> Strict Chin Ups + Ring Dips + Double Unders		<b>NOTABLES:</b> ✓ "1776" ✓ 1RM Squat Clean ✓ 1RM Jerk ✓ "In n Out"			✓ Flight Simulator ✓ 30 RMU FT		1 <b>Primary Strength:</b> Squat Clean	2
3  "1776" 7 Rounds every 4th minute	4	5  <b>Secondary Strength:</b> Jerk	6	7  <b>Skill</b>	8  <b>Primary Strength:</b> Squat Clean	9		
10	11  <b>Secondary Strength:</b> Jerk	12	13  <b>Skill</b>	14	15  <b>Primary Strength:</b> Squat Clean	16		
17	18  "In n Out" Repeat from 12.10.2021	19  <b>Secondary Strength:</b> Jerk	20	21  <b>Skill</b>	22  <b>Primary Strength:</b> Squat Clean	23		
24	25  <b>Secondary Strength:</b> Jerk	26  Flight Simulator	27  <b>Skill</b> 30 Ring Muscle-ups For time	28	29  <b>Primary Strength:</b> 1RM Clean	30		