

# August 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <b>Primary Strength:</b> Clean & Jerk	2	3	4 <b>Secondary Strength:</b> Snatch	5 <b>Skill:</b> Ring MU + FC Lunges	6
7	8	9 <b>Primary Strength:</b> Clean & Jerk	10 <b>Skill:</b> Ring MU + FC Lunges	11	12 <b>Secondary Strength:</b> Snatch	13
14	15 <b>Primary Strength:</b> Clean & Jerk	16 <b>Skill:</b> Ring MU + Front Rack Lunge	17	18 <b>Secondary Strength</b> Snatch	19	20
21	22	23 <b>Primary Strength:</b> Clean & Jerk	24	25 <b>Skill:</b> Ring MU + Overhead Lunge	26 <b>Secondary Strength</b> Snatch	27
28	29 <b>Primary Strength Test:</b> Clean & Jerk	30	31 <b>AMANDA</b>	<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Clean & Jerk ✓ <b>Secondary:</b> Snatch Drills + Working sets ✓ <b>Skill:</b> Ring Muscle Up & Lunge Variations		<b>NOTABLES:</b> ✓ 1RM Clean & Jerk ✓ 2RM Snatch ✓ "Amanda"