

September 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Snatch ✓ Secondary: Back Squat ✓ Skill: Bar Muscle up		NOTABLES: ✓ 1 RM Snatch ✓ 1 RM Back Squat ✓ 9/11 Tribute		1 ✓ "Grettel" ✓ Tabata: Calorie Row	2 Secondary Strength Back Squat	3 "Grettel"
4	5	6 Primary Strength Snatch	7 Skill Bar Muscle ups	8 Secondary Strength Back Squat	9	10
11 9/11 Tribute	12 Primary Strength Snatch	13 Skill Bar Muscle ups	14	15	16 Secondary Strength Back Squat	17
18	19	20 Primary Strength Snatch	21	22 Secondary Strength Back Squat	23 Skill Bar Muscle ups	24
25	26 Primary Strength Snatch + Tabata Row	27 Skill Bar Muscle ups	28	29	30 Secondary Strength Back Squat	