

# October 2022



@prsallday  
 prsallday.com  
 youtube/prsallday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Bench Press + RDLs EMOMs ✓ <b>Secondary:</b> Tempo Front Pause Squat ✓ <b>Skill:</b> Mono Structural + Barbell Complex			<b>NOTABLES:</b> ✓ 10 second Front Pause Squat ✓ 3RM Bench Press ✓ "Green Machine" ✓ "Grace"			1
2	3 <b>Skill:</b> Row + T'nG Snatch	4 <b>Secondary</b> Tempo Front Pause Squat	5	6	7 <b>Primary Strength</b> Bench Press + RDL Superset	8
9	10 <b>Secondary Strength</b> Tempo Front Pause Squat	11 <b>Skill:</b> Run + C&J Complex	12	13 <b>Primary Strength</b> Bench Press + RDL Superset	14	15 <b>"Grace"</b>
16	17	18 <b>Secondary Strength</b> Tempo Front Pause Squat	19	20 <b>Skill:</b> Row + 5RM Thruster	21 <b>Primary Strength</b> Bench Press + RDL Superset	22
23	24 <b>Secondary Strength</b> Tempo Front Pause Squat	25 <b>Skill</b> Row + Snatch Complex	26	27 <b>Primary Strength</b> Bench Press + RDL Superset	28	29
30	31					