

# December 2022



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 Secondary Strength: Overhead Squats	3
4	5 Primary Strength: Deadlift	6	7 SKILL	8 Secondary Strength: Overhead Squats	9	10
11	12	13 Primary Strength: Deadlift	14	15 SKILL	16 Secondary Strength: Overhead Squats	17
18	19 Primary Strength: Deadlift	20 SKILL	21	22 Secondary Strength: Overhead Squats	23	24 12 Days of Christmas
25	26	27 Primary Strength: Deadlift Test	28	29	30 "Nancy"	31
31						