

# January 2023



@prsallday  
prsallday.com  
youtube/prsallday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Constantly Varied Lifts ✓ <b>Secondary:</b> Barbell Cycling ✓ <b>Skill:</b> Gymnastic Skills with Open EMOMs		<b>NOTABLES:</b> ✓ <b>3RM</b> Hang Clean      ✓ <b>3RM</b> Snatch ✓ <b>1RM</b> Snatch          ✓ <b>2RM</b> Power Clean & Jerk ✓ <b>1RM</b> C&J ✓ <b>Open Events:</b> 11.6, 22.1, 14.4, 22.2				
1	2 <b>Primary Strength:</b> Snatch EMOM	3 <b>Gymnastic Skill</b> T2B	4 <b>Barbell Cycling:</b> Hang Power Clean	5	6 <b>Open</b> 11.6/12.5/18.5	7
8	9 <b>Primary Strength:</b> 3RM Hang Clean	10 <b>Gymnastic Skill</b> BMU	11 <b>Barbell Lift:</b> Jerks	12	13 <b>Open</b> 22.2	14
15	16 <b>Primary Strength:</b> E90s C&J	17 <b>Gymnastic Skill</b> Dubs + Wall Walks	18 <b>Barbell Cycling:</b> Power Snatch	19	20 <b>Open</b> 14.4	21
22	23 <b>Primary Strength:</b> 3RM Snatch	24 <b>Gymnastic Skill</b> Pistols	25 <b>Barbell Cycling:</b> E3MOM Reverse "DT"	26	27 <b>Open</b> 22.1	28
29	30 <b>Primary Strength:</b> TnG C&J	31 <b>Back Squat</b>				