

April 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Back Squat + DB Floor Press ✓ Secondary: Loaded Carries ✓ Skill: Balance & Stability		NOTABLES: ✓ 2RM Back Squat ✓ CF Girl: "Cindy" or "Mary" ✓ CF Benchmark: "The Ghost"				1
2	3 Skill	4 Primary Strength: Back Squat + DB Floor Press	5	6	7 Secondary Strength: Loaded Carry	8
9	10 Primary Strength: Back Squat + DB Floor Press	11	12 Skill	13 Secondary Strength: Loaded Carry	14 "Cindy" Or "Mary"	15
16	17	18 Primary Strength: Back Squat + DB Floor Press	19	20 Skill	21 Secondary Strength: Loaded Carry	22
23	24 Primary Strength: Back Squat 2RM Test	25 "The Ghost"	26 Skill	27 Secondary Strength: Loaded Carry	28	29
30						