

May 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: High Bar Back Squat ✓ Secondary: Strict Press - Push Press + Bent over Row Complex ✓ Skill: Push-up / Pull-up / Air Squat ("Murph" Prep)		NOTABLES: ✓1RM Back Squat ✓3RM Push Press ✓1RM Hang Clean		✓ "Chelsea" ✓ "Murph" ✓ "Cluster F*ck"		
31	1	2 PRIMARY STRENGTH: Back Squat	3 SECONDARY STRENGTH: Press/Row Complex	4	5 SKILL	6
7	8 PRIMARY STRENGTH: Back Squat	9 SECONDARY STRENGTH: Press/Row Complex	10	11 SKILL	12	13
14	15 SKILL	16 PRIMARY STRENGTH: Back Squat	17 SECONDARY STRENGTH: Press/Row Complex	18	19	20
21	22 PRIMARY STRENGTH: 1RM Back Squat	23 SECONDARY STRENGTH: 3RM Push Press	24 "Chelsea"	25 1RM Hang Clean	26	27
28	29 "Murph"	30	31 "Cluster F*ck"			