

July 2023



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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------|-----------------|-------------|-----------------------------------------------|----------|
| PROGRESSIONS: ✓ Primary: Squat Clean Complex ✓ Secondary: Jerk ✓ Skill: Strict Ring Muscle-ups | | | | | | 1 |
| NOTABLES: ✓ "1776" ✓ 30 RMU for Time ✓ 1RM Squat Clean ✓ 1RM Clean & Jerk ✓ 1RM Jerk | | | | | | |
| 2 | 3 Secondary Strength Jerk | 4 "1776" | 5 Skill | 6 | 7 Primary Strength Squat Clean Complex | 8 |
| 9 | 10 | 11 Secondary Strength Jerk | 12 | 13 Skill | 14 Primary Strength Squat Clean Complex | 15 |
| 16 | 17 Secondary Strength Jerk | 18 | 19 Skill | 20 | 21 Primary Strength Squat Clean Complex | 22 |
| 23 | 24 | 25 Secondary Strength Jerk | 26 | 27 | 28 Primary Strength Squat Clean Complex | 29 |
| 30 | 31 Primary Strength | Jerk | 30 RMU for time | | Squat Clean Complex | |