

# June 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Front Squat ✓ <b>Secondary:</b> Clean Complex ✓ <b>Skill:</b> Ring dips/Strict Chin-ups	<b>Notables:</b> ✓ <b>1RM Front Squat</b> ✓ <b>1RM Power Clean</b> ✓ <b>Open 11.2</b>	✓ <b>"Jackie"</b> ✓ <b>"Larry"</b>		1	2 <b>Turkish Get-up</b>	3
4	5 <b>Skill</b>	6 <b>Secondary Strength</b> Clean Complex	7	8	9 <b>Primary Strength</b> Front Squat	10
11	12 <b>Secondary Strength</b> Clean Complex	13 <b>"Jackie"</b>	14	15 <b>Skill</b>	16 <b>Primary Strength</b> Front Squat	17
18	19 <b>"Larry"</b>	20 <b>Secondary Strength</b> Clean Complex	21 <b>Skill</b>	22 <b>Hang Snatch</b>	23 <b>Primary Strength</b> Front Squat	24 <b>"Open 11.2"</b>
25	26 <b>Secondary Strength</b> Power Clean EMOM	27	28	29	30 <b>Primary Strength</b> 1 RM Front Squat	