

August 2023



@prsallday
prsallday.com
youtube/prsallday

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	PROGRESSIONS: ✓ Primary: Clean & Jerk ✓ Secondary: Snatch Drills + Working sets ✓ Skill: Ring Muscle-up & Lunge Variations			NOTABLES: ✓ 1RM Clean & Jerk ✓ 2RM Snatch	✓ "Amanda" ✓ "Helen" ✓ "Fight Gone Bad"	
	Primary Strength: Clean & Jerk	Skill: Ring MU + FC Lunges		Secondary Strength: Snatch		
6	Primary Strength: Clean & Jerk		Secondary Strength: Snatch	Skill: Ring MU + Front Rack Lunges	Fight Gone Bad	
13	Primary Strength: Clean & Jerk		Skill: Ring MU	Secondary Strength: Snatch	HELEN	
20	Primary Strength: Clean & Jerk		Secondary Strength: 2RM Snatch		AMANDA	
27	Primary Strength Test: Clean & Jerk					