

# September 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Snatch ✓ <b>Secondary:</b> Back Squat ✓ <b>Skill:</b> Bar Muscle-up		<b>NOTABLES:</b> ✓ <b>1 RM</b> Snatch     ✓ <b>"Ingrid"</b> ✓ <b>1 RM</b> Back Squat     ✓ <b>Tabata:</b> Calorie Row ✓ <b>9/11</b> Tribute			1	2
3	4 <b>Primary Strength</b> Snatch	5	6 <b>Skill</b> Bar Muscle-up	7	8 <b>Secondary Strength</b> Back Squat	9
10	11 <b>9/11 Tribute</b>	12 <b>Primary Strength</b> Snatch	13	14 <b>Secondary Strength</b> Back Squat	15 <b>Skill</b> Bar Muscle-up	16
17	18 <b>Primary Strength</b> Snatch	19 <b>Skill</b> Bar Muscle-up	20	21	22 <b>Secondary Strength</b> Back Squat	23
24	25	26 <b>Primary Strength</b> Snatch + Tabata Row	27	28 <b>Secondary Strength</b> Back Squat	29	30 <b>"Ingrid"</b>