

# November 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Front Squat ✓ <b>Secondary:</b> Deadlift ✓ <b>Skill:</b> Monostructural	<b>NOTABLES:</b> ✓ <b>1RM</b> Front Squat ✓ <b>2RM</b> Deadlift ✓ <b>"Chad"</b> ✓ Turkey Ruck		1 Skill	2 Secondary Strength: Deadlift	3	4
5	6	7 Primary Strength: Front Squat	8	9 Skill	10 Secondary Strength: Deadlift	11 "Chad"
12	13 Primary Strength: Front Squat	14	15	16 Secondary Strength: Deadlift	17 Skill	18
19	20	21 Primary Strength: Front Squat	22 Skill	23 "Turkey Ruck"	24 Secondary Strength: Deadlift	25
26	27 Primary Strength: Front Squat	28	29	30 Secondary Strength: D-Load Accessory		