

October 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Skill Barbell Cycling	3 Primary Strength Front Squat	4	5 Secondary Strength Bench Press	6	7
8	9 Primary Strength Front Squat	10 Skill Barbell Cycling	11	12 Secondary Strength Bench Press	13	14
15	16	17 Primary Strength Front Squat "Green Machine"	18	19 Secondary Strength Bench Press	20	21 Skill Barbell Cycling
22	23 Primary Strength Front Squat	24	25	26 Secondary Strength Bench Press	27	28 "Grace"
29	30 1RM Hang Squat Snatch	31	PROGRESSIONS: ✓ Primary: Front Squat ✓ Secondary: Bench Press ✓ Skill: Barbell Cycling			
				NOTABLES: ✓ 3RM Front Squat ✓ 5RM Bench Press ✓ 1RM Hang Squat Snatch		
				✓ "Green Machine" ✓ "Grace"		