

# December 2023



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>PROGRESSIONS:</b> ✓ <b>Primary:</b> Deadliftt ✓ <b>Secondary:</b> Overhead Squat ✓ <b>Skill:</b> HSPU		<b>NOTABLES:</b> ✓ <b>1RM</b> Deadlift ✓ <b>1RM</b> Overhead Squat ✓ <b>1RM</b> Hang Squat Clean		✓ "Filthy Fifty" ✓ <b>CF Girl WOD:</b> "Nancy" ✓ 12 Days of Christmas		1 <b>SKILL</b>	2
3	4 <b>Secondary Strength:</b> Overhead Squat	5 <b>SKILL</b>	6 <b>Primary Strength:</b> Deadlift	7	8	9	
10	11	12 <b>Secondary Strength:</b> Overhead Squat	13 <b>Primary Strength:</b> Deadlift	14 <b>SKILL</b>	15	16	
17	18 <b>Secondary Strength:</b> Overhead Squat Test	19	20 <b>Primary Strength:</b> Deadlift	21	22 <b>SKILL</b>	23 "Nancy"	
24	25	26	27 <b>Primary Strength:</b> Deadlift Test	28	29 "Filthy Fifty"	30 1RM Hang Squat Clean	
12 Days of Christmas						31	