

January 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Skilled Barbell Lifts ✓ Secondary: Squats ✓ Skill: Gymnastic Skills		NOTABLES: ✓ 3RM Push Press ✓ 1RM Back Squat ✓ 1RM C&J ✓ Open Events: 15.1, 19.4, 19.5, 21.1		✓ 3RM Front Squat ✓ 1RM Squat Clean ✓ 1RM Snatch ✓ 1RM Jerk		✓ "Diane"
	1 "Diane"	2 Skill	3 Primary Strength: 1RM Jerk	4 Secondary Strength: 1RM Front Squat	5 Open 19.4	6
7	8 Skill	9 Primary Strength: 1RM Clean & Jerk	10	11 Secondary Strength	12	13 Open 21.1
14	15 1RM Snatch	16 Skill	17 Primary Strength: 3RM Push Press	18 Secondary Strength	19 Open 15.1	20
21	22 Skill	23 Primary Strength: 1RM Squat Clean	24	25 Secondary Strength: 1RM Back Squat	26	27 Open 19.5
28	29 Primary Strength: TNG Clean & Jerks	30 Skill	31			