

February 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Primary Strength 1RM Front Squat	2 22.1	3 1RM Clean & Jerk
4	5 Secondary Strength	6 Skill	7 Primary Strength 1RM Back Squat	8 Skill	9	10 22.3
11	12 Secondary Strength	13 Skill	14 Primary Strength	15	16 17.2	17
18	19 Skill	20 Secondary Strength 2RM Push Press	21 Primary Strength	22	23	24 18.1
25	26 Secondary Strength 2RM Power Clean	27 Primary Strength 2RM Overhead Squat	28	29		

PROGRESSIONS:

- ✓ **Primary:** Squats
- ✓ **Secondary:** Technical Lifts + EMOM BB Cycling
- ✓ **Skill:** DB Complexes + EMOM Formatted WODs

NOTABLES:

- ✓1RM Front Squat
- ✓2RM Overhead Squats
- ✓1RM Back Squat
- ✓1RM Clean & Jerk
- ✓2RM Push Press
- ✓2RM Power Clean
- ✓Open 17.2, 18.1, 22.1, 22.3