

April 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 Primary Strength: Back Squat + DB Floor Press	3	4 Skill Handstands + Accessory	5 Secondary Strength: Loaded Carry	6
7	8 Primary Strength: Back Squat + DB Floor Press	9 Secondary Strength: Loaded Carry	10	11 Skill Scales + Accessory	12 "Grace" Meets "Cindy"	13
14	15	16 Primary Strength: Back Squat + DB Floor Press	17 Secondary Strength: Loaded Carry	18 Skill Handstands + Accessory	19	20
21	22 Primary Strength: Back Squat 2RM Test	23 "Angie"	24	25 Skill Scales + Accessory	26 Secondary Strength: Loaded Carry	27
28	29	30 Primary Strength Bench Press 3RM	PROGRESSIONS: ✓ Primary: Back Squat + DB Floor Press ✓ Secondary: Loaded Carries ✓ Skill: Balance & Stability		NOTABLES: ✓ 2RM Back Squat ✓ 3RM Bench Press ✓ CF Benchmark: "Angie" ✓ Benchmark "Cindy" or "Mary"	