

July 2024



@prsallday
prsallday.com
youtube/prsallday

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|-------------------------------|------------------------------------|------------------------------------|--|-------------------|--|
| | 1 Skill | 2 Primary Strength C&J | 3 Secondary Strength Snatch | 4 "1776" | 5 | 6 |
| 7 | 8 Primary Strength C&J | 9 Secondary Strength Snatch | 10 Skill | 11 | 12 "The Chief" | 13 |
| 14 | 15 | 16 Primary Strength C&J | 17 Secondary Strength Snatch | 18 Skill | 19 "The Shed" | 20 |
| 21 | 22 Primary Strength C&J | 23 Secondary Strength Snatch | 24 Skill | 25 | 26 "Helen" | 27 |
| 28 | 29 Skill | 30 Primary Strength C&J | 31 Grease the Groove | NOTABLES: ✓ 1 RM C&J ✓ "The Shed" ✓ "Helen" ✓ "The Chief" | | PROGRESSIONS: ✓ Primary: C&J ✓ Secondary: Snatch ✓ Skill: Kipping T2B & Pistols |