

September 2024



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PROGRESSIONS: ✓ Primary: Hang Snatch + C&J ✓ Secondary: Back Squat ✓ Skill: Ring Muscle-up			NOTABLES: ✓ 1 RM Hang Snatch ✓ 1RM Clean & Jerk ✓ 2 RM Back Squat		✓ 9/11 Tribute ✓ Filthy Fifty ✓ Grace Meets Cindy	✓ Death By 10m
1	2	3 Primary Strength Hang Snatch	4 Skill Ring Muscle-up	5	6 Secondary Strength Back Squat	7
8	9 Primary Strength Clean & Jerk	10	11 9/11 First Responders Tribute	12 Secondary Strength Back Squat	13 Skill Ring Muscle-up	14
15	16 Skill Ring Muscle-up	17 Primary Strength Snatch	18 Filthy Fifty	19	20 Secondary Strength Back Squat	21
22	23 Primary Strength Snatch	24	25 Skill Ring Muscle-up	26 Secondary Strength Back Squat + "Death by 10m"	27 "Grace" Meets "Cindy"	28
29	30					