

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	01 Skill	02 Secondary Strength	03	04 "Amanda"	05
06	07	08 Primary Strength	09	10 Secondary Strength	11 Skill	12 Partner WOD
13 Sandbag Get ups	14 Primary Strength	15	16 Secondary Strength	17 Skill	18 "Out & Back"	19
20	21	22 Primary Strength	23 Hang Snatch Complex	24 Secondary Strength	25	26 "Grace"
27	28 1RM Front Squat Primary Strength	29	30 3RM Bench Press Secondary Strength	31	01	02

**NOTABLES:**

- 1RM Front Squat
- 3 RM Bench Press
- CF Benchmark: "Amanda"
- PRs Benchmark: "Out & Back"
- CF Benchmark: "Grace"
- Hang Snatch Complex
- Sandbag Get-ups

**OCTOBER PROGRESSIONS:**

- Primary Strength:** Front Pause Squat + FS
- Secondary Strength:** Bench Press + Lunge Variations
- SKILL:** Barbell Cycling