



# MONTHLY CONTENT CALENDAR

## JANUARY 2025

29	30	31	1 PARTNER WOD	2	3 DIANE	4
5	6 Primary	7	8 SKILL	9 Secondary	10	11
12	13	14 Primary	15 C2 Triatholone	16 Secondary	17 SKILL	18
19	20 Primary	21	22 SKILL	23 Secondary	24 YELLOW JACKET	25
26	27	28 Primary	29	30 Secondary	31 SKILL	1

### MONTHLY PROGRESSIONS

**Primary:** Squat Variations

**Secondary:** Technical Lifts

**SKILL:** Open Skills

### NOTABLES

- 1 RM CLEAN
- 5RM Front & Back Squat
- 3RM Front & Back Squat
- "Diane"
- C2 Triatholone
- "Green Machine"
- "Yellow Jacket"
- "Redline"