



MONTHLY CONTENT CALENDAR

FEBRUARY 2025

27	28	29	30	31	1	2
3 Primary	4	5 SKILL	6 Secondary	7 OPEN 17.2	8	9
10	11 Primary	12	13 Secondary	14 SKILL + OPEN 11.1	15 Partner WOD	16
17 SKILL	18 Primary	19 Secondary	20	21 OPEN 14.4	22	23
24 Primary	25 Secondary	26 SKILL	27 OPEN BEGINS	28	1	2

MONTHLY PROGRESSIONS

Primary: Squat Variations

Secondary: Technical Lifts

SKILL: Open Skills

NOTABLES

- 1RM Front Squat • JACK
- 3RM Back Squat • OPEN 11.1
- 5RM OHS • OPEN 17.3
- 1 RM Snatch • Open 14.4