

January 2020



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 PROGRESSIONS: ✓ Primary: Front Squat ✓ Secondary: Tempo Power Clean ✓ Skill: Handstand Push-up	30	NOTABLES: ✓ Fight Gone Bad ✓ Filthy Fifty ✓ CF Girl: "Fran" ✓ 2RM Front Squat ✓ Squat Clean Test	31 1 Gymnastic Skill HSPU Progressions	2	3 Front Squat 6x6	4 2nd Strength Tempo Power Clean 5x 1+3
5	6	7 2nd Strength Tempo Power Clean 5x 1+1+1	8 Front Squat 5x5	9	10	11 Gymnastic Skill HSPU Progressions
12	13 2nd Strength Tempo Power Clean 5x 1+1+1	14 Front Squat 4x4	15	16 Gymnastic Skill HSPU Progressions	17 Fight Gone Bad	18
19	20 Front Squat 5x3	21 Filthy Fifty	22 2nd Strength Tempo Power Clean 5x 1+1+2	23	24 Gymnastic Skill HSPU Progressions	25 Front Squat 6x2
26	27	28	29 Squat Clean 7x1	30	31 CF Girl "Fran"	1