

January 2021



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		NOTABLES: ✓ 3RM Squat Clean ✓ 2RM Front Squat ✓ 1RM Hang Squat Snatch ✓ Open Events: 12.3, 15.5, 13.1, 11.5 ✓ Row'd Royalty	✓ 1RM Jerk ✓ 5RM Overhead Squat		1 Squat Clean 3-3-3-3-3	2
3 PROGRESSIONS: ✓ Primary: Constantly Varied Lifts ✓ Secondary: Lunge Variations ✓ Skill: Strict HSPU, WB & Hanging Gymnastic Progression	4 Jerks 1-1-1-1-1-1	5	6	7 Secondary Overhead Lunge	8 Open Skills	9
10	11	12 Front Squat 2-2-2-2-2	13	14 Open Skills	15 Secondary: Front Rack /Farmer Carry Lunge Variation	16
17	18 Secondary: Front Rack / Overhead Lunge	19 Open Skills	20	21 Overhead Squat 5-5-5-5	22	23
24	25 Open Skill Test	26	27 Secondary: Overhead / Suitcase Lunge	28	29 Hang Squat Snatch 1-1-1-1-1-1	30