

# JULY 2019

Primary Strength/Skill: Squats	Secondary Strength/Skill: Press	Benchmarks: "DT" "Fight Gone Bad" "03JUN19 Retest"
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Benchmark Metcon "DT"	2	3 Strength Squats	4TH OF JULY Classes 9AM & 10AM BBQ 11AM-1PM Strength Press	5 "Fight Gone Bad" - Retest	6
7	8	9	10 Strength Squats	11 Strength Press	12	13
14	15 Benchmark Retest 03JUN2019	16	17 Strength Squats	18 Strength Press	19 Strength Squats (Volume)	20
21	22 Strength Squats	23	24 Strength Squats	25 Strength Press	26	27
28	29 Strength Squats	30	31 Strength Squats			