

Just Rep January

2026

Focus is reps!

On Fridays count reps for 1 min of each skill and try and beat score from last

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 (20) Right (26) R QS (20) Left (26) L QS	2 1 min: Dom 1 min N Dom 1 min CST	3 Record 1 min Scores
7	8 (20) Right (20) Left (20) CST	9 (26) QS Dom (26) QS Non Dom (26) TSC	10 (20) 1-Hand R (20) 1-Hand Left (20) 1-Hand CST	11 (26) QS Dom (26) QS NonDom (26) TSC	12 1 min: Dom 1 min N Dom 1 min CST	13 Record 1 min Scores
14	15 (20) Right (20) Left (20) CST	16 (26) QS Dom (26) QS Non Dom (26) TSC	17 (20) 1-Hand R (20) 1-Hand Left (20) 1-Hand CST	18 (26) QS Dom (26) QS NonDom (26) TSC	19 1 min: Dom 1 min N Dom 1 min CST	20 Record 1 min Scores
21	22 (20) Right (20) Left (20) CST	23 (26) QS Dom (26) QS Non Dom (26) TSC	24 (20) 1-Hand R (20) 1-Hand Left (20) 1-Hand CST	25 (26) QS Dom (26) QS NonDom (26) TSC	26 1 min: Dom 1 min N Dom 1 min CST	27 Record 1 min Scores
28	29 (20) Right (20) Left (20) CST	30 (26) QS Dom (26) QS Non Dom (26) TSC	31 (20) 1-Hand R (20) 1-Hand Left (20) 1-Hand CST			