

# CrossFit RAGAMUFFIN

## June 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
		<b>EMOM 16</b> a) 12/10 Cal Row b) 10 Stepups c) 12/10 Cal Ski d) 10 V-ups	<b>Hang Power Cleans</b> 7x2	<b>AMRAP 13</b> 50 Dubs 25 Situps	<b>Deadlifts</b> 5-5-5-5	
6	7	8	9	10	11	12
	<b>EMOM 12</b> 1st min: 2 Front Squats 2nd min: 5 Back Squats	<b>Every 2:00 for 5 Sets</b> 250m Row Max SDHP *rest 2min btw sets	<b>30-20-10</b> <b>DB Snatch (70/50)</b> Ring Dips	<b>Time Trial</b> 400m Sprint <b>AMRAP 5</b> 5 KB Swings 10 Burpees	<b>Bar Fight!</b> 50 Pullups 40 Toes 2 Bar 30 C&Js (155/105)	
13	14	15	16	17	18	19
	<b>the Otto</b> 50 <b>Alt Pistols</b> 40 OHS (115/80) 30 <b>Front Squats (155/105)</b> <b>20 Back Squats (225/155)</b> 50 Air Squats	<b>EMOM 20</b> a) 12/10 Cal Ski b) 12/10 Cal Bike c) 12/10 Cal Row d) 12/10 Burpees	<b>4 Rounds</b> 18 Pullups <b>15 KB Swings (53/35)</b> 12 HSPUs	<b>200m Run</b> 10, 9, 8...1 Burpees	<b>5 Rounds</b> 500m Row <b>7 Thrusters (135/95)</b> *CFE	
20	21	22	23	24	25	26
	<b>Front Squats</b> 2-2-2-2-2-10	<b>Calorie Row</b> <b>Pushups</b> 10-12-14-16-18-20	<b>Grettel</b> <b>10 Rounds</b> 3 C&Js <b>3 Burpees over Bar</b>	<b>3 Rounds</b> 20 Wallballs 20 KB SDHP 20 Box Jumps 20 KB Press	<b>Max Snatch</b> 1 Rep Max	
27	28	29	30	1	2	3
	<b>Back Squats</b> 4x20	<b>AMRAP 13</b> 400m Run 15 T2B	<b>Ingrid</b> <b>10 Rounds</b> 3 Snatch 3 Burpees			