

CrossFit RAGAMUFFIN

August 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Front Squat 4 x 7	400m Run 20 T2B 400m Run 15 T2B 400m Run 10 T2B 400m Run 5 T2B	Box Jumps 6-3 Jumps	3-6-9 Pushups 9- Box Pullups	AMRAP 2 x 4 50 Air Squats Max Calorie Row	4 Rounds 20 Cal Bike 20 KB Swings
8	9	10	11	12	13	14
	Back Squats 7 x 4	EMOM 20 a) 12/10 Cal Row b) 10 DB Snatch c) 12/10 Cal Bike d) 10 Burpees	Push Press 5 x 5	3, 6, 9... Jumps	AMRAP 11 Box Pullups	400m Run 30 Pushups 400m Run 30 HSPU 400m Run 30 Ring Dips
15	16	17	18	19	20	21
	30 OHS 20 Step Ups 20 OHS 40 Step Ups 10 OHS 60 Step Ups	Every 2 min for 4 Rounds 100m Shuttle 10 Power Cleans	2 Mile Jog w/20/14 vest	Hang Squat Snatch 10 x 2	10-1 Pullups HSPU 10-1 T2B Pushups	
22	23	24	25	26	27	28
	Deadlifts 7 x 4	AMRAP 3 200m Run Max Dubs AMRAP 3 200m Run Max Burpees AMRAP 3 200m Run Max Pullups	EMOM 10 1 Hang Clean + 1 Front Squat	30-20-10 Box Jumps DB Snatch DB Push Press	4 Rounds 300m Row 12 Thrusters	
29	30	31	1	2	3	4
	EMOM 14 a) 2 Front Squats b) 4 Back Squats	AMRAP 15 15 Pushups 15 KB Swings 35 Dubs				