

CrossFit RAGAMUFFIN

February 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1 Front Squats 5-5-3-3-1-1-1	2 Time Trial 400m Run AMRAP 11 15 Cal Row 15 T2B	3 EMOM 20 a) 12/10 Cal Bike b) 10 DB Snatch c) 12/10 Cal Ski d) 10 Pullups	4 Gra-ren 3 Rounds 10 C&Js 50 Wallballs	5 Everything WOD 100 Stepups 80 KB Swings 60 Pushups 40 Situps 20 Burpees	6
7	8 5 Rounds 10 OHS 20 Step Ups	9 Time Trial: 400m Run 21-15-9-15-21 Cal Row 7-5-3-5-7 Sanbags OS	10 AMRAP 10 Cindy	11 EMOM 15 1 C&J	12 5 rounds 50 Dubs 5 Pwr Snatch	13
14	15 100 Deadlifts *every 2 min 10 DB Push Press	16 4 Rounds 400m Run 15 Ring Pushups	17 Cf Open 11.5 AMRAP 20 5 Power Cleans 10 T2B 15 Wallballs	18 150 Dubs Tabata Calorie Bike Burpees	19 1/2 Murph 800m Run 50 Pullups 100 Pushups 150 Squats 800m Run	20
21	22 Front Squats 3-3-3-3 Back Squats 6-6-6-6	23 SQT 3 Rounds 10 Ground to OH 200m Shuttle	24 CF Opne Wod 17.1	25 Rogue Bear Hug Challenge (150/100) Press 3-3-3-3-3-3-3	26 Team of 2 300 Reps total 20 Calorie Row 10 Burpees	27
28	1	2	3	4	5	6