

# CrossFit RAGAMUFFIN

# April 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
			<p>Push Press 4-4-4-4-4 15-12-9 Clean &amp; Jerks C2B Pullups</p>	<p>1000m Row 50 Squats 800m Row 40 Squats 600m Row 30 Squats 400m Row 20 Squats 200m Row 10 Squats</p>	<p>Team of 2; 2 Rounds 100 Dubs 80 KB Swings 60 Pullups 40 Burpees 20 DB Thrusters</p>	
4	5	6	7	8	9	10
	<p>50 Alt Pistols 40 OHS 30 Front Squats 20 Back Squats 50 Air Squats</p>	<p>EMOM 16 a) 12/10 Calorie Bike b) 10 Toes 2 Bar c) 100m Run d) 30 Dubs</p>	<p>Every 3 min 4 Rounds 500m Row Max DB Push Press</p>	<p>KB 300 25 Situps 50 Snatch 25 Pushups 50 KB Swings 50 Burpees 50 C&amp;Js 50 Goblet Squats</p>	<p>3 Rounds 400m Run 21 Power Cleans</p>	
11	12	13	14	15	16	17
	<p>Deadlifts 3-3-3-3-3-3-3</p>	<p>AMRAP 3 300m Row Max Box Step Overs AMRAP 3 300m Row Max Burpees AMRAP 3 300m Row Max Dubs</p>	<p>15-12-9 Power Cleans Thrusters EMOM 8 a) 10/7 Calorie Bike b) 10 Toes 2 Bar</p>	<p>Annie 50-40-30-20-10 Dubs Situps EMOM 10 3-Pos Snatch</p>	<p>5 Rounds 3 Squats Cleans 5 HSPU 200m Run</p>	
18	19	20	21	22	23	24
	<p>OHS 3-3-3-3-3 3 Rounds 30 Walking Lunges 300m Row</p>	<p>Team of 2 5 Rounds YGIG 9 Pullups 7 Cleans 5 Push Jerks</p>	<p>3 Rounds 250m Row 20 Wallballs ~5min rest 22-16-10 DB Snatches Burpees</p>	<p>AMRAP 3 200m Run Max Double Unders AMRAP 3 200m Run Max KB Swings AMRAP 3 200m Run Max Thrusters</p>	<p>"3/4 Murph" 1200m Run 75 Pullups 150 Pushups 225 Squats 1200m Run</p>	
25	26	27	28	29	30	1
	<p>EMOM 20 1st min: 3 Back Squats 2nd min: 2 Front Squats</p>	<p>3 Rounds 400m Run 30 KB Swings</p>	<p>15-12-9-6-3 Hang Squat Clean Thrusters Toes 2 Bar</p>	<p>EMOM 24 a) 10/7 Cal Bike b) 10 Burpees c) 12/10 Cal Row d) 10 Single DB Thrusters</p>		