

CrossFit RAGAMUFFIN

July 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				AMRAP 5 for 4 Sets 500m Row 500m Ski 30 Cal Bike Max Dubs	CF Open WOD 13.2 5 S2OH 10 Deadlifts 15 Box Jumps	
4	5	6	7	8	9	10
	7 Rounds 7 Deadlifts 7 Hang Pwr Cleans 7 Front Squats 7 Push Press 7 Thrusters 7 Air Squats 7 Burpees	5 Rounds 16 DB Snatch 24 Dubs	100 Squats 25 Pullups 75 Squats 20 Pullups 50 Squats 15 Pullups	30 Cal Row 400m Ski 30 T2B	Max Clean & Jerk 1 rep	
11	12	13	14	15	16	17
	Fran 21-15-9 Thrusters Pullups	Bear Complex 5 Rounds - Max Load	AMRAP 2 Max Dubs AMRAP 2 Max HSPUs AMRAP 2 Max Pullups AMRAP 2 Max Push Ups AMRAP 2 Max T2B	1 Mile Run 2000m Row	Diane 21-15-9 Deadlifts HSPUs	
18	19	20	21	22	23	24
	EMOM 12 1st min: 3 Fronts Squats 2nd min: 5 Back Squats	100 Power Clens *5 Burpees Every Minute	AMRAP 15 5 Puulups 10 Pushups 15 Box Jumps	EMOM 16 a) 100m Run b) 10 T2B c) 10/8 Cal Bike d) 25 Dubs	42-30-18 Cal Row Hang DB Snatch	
25	26	27	28	29	30	31
	Back Squats 5-5-5-5-5	Jackie 1000m Row 50 Thrusters 30 Pullups	10 Rounds 5 HSPUs 5 T2B 10 KB Swings	TGU 30 Reps - Max Load Buy Out: 30 Burpees	Nancy 5 Rounds 400m Run 15 OHS	