

CrossFit RAGAMUFFIN

September 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
			E2OM 7 Snatch Deadlift + Pwr Snatch + Snatch Ballance	1 Mile Run w/wreck bag	100 Pullups * 5 Burpees @top of min	
5	6	7	8	9	10	11
	Pause Front Squats 5x3	5 Rounds 200m Run 15 T2B 10 HSPUs	E90sOM 10 3 Pwr Cleans + 3 Jerks	800m Run 20 Cal Bike 25 Cal Ski 30 Cal Row	10 Rounds 50m Sled Push	
12	13	14	15	16	17	18
	Back Squats 5-10-15-20 5-10-15-20	EMOM 16 12/10 Cal Bike 12/10 Cal Row 12/10 Cal Ski 12 Burpees	Every 90s x 10 Rounds Snatch Pull + Snatch + OHS	3 Rounds 50 Dubs 25 Ring Pushups	AMRAP 2, 4, 6... DB Snatch Burpees Box Jump Over	
19	20	21	22	23	24	25
	EMOM 10 3 Deadlifts	AMRAP 2 300m Row Max Air Squats AMRAP 2 200m Ski Max Pushups AMRAP 2 12/10 Cal Bike Max Pullups	Push Press 5 x 5	3 Rounds 15 Pwr Snatch 50 Dubs	2 Rounds 800m Run 30 Thrusters	
26	27	28	29	30	1	2
	Fronts Squats 7 x 3	2 Rounds 200m Run 20 HSPU 200m Run 20 T2B	EMOM 11 2 Jerks	10-1 KB Swings Burpees		