

# CrossFit RAGAMUFFIN

## October 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
					CF East Special 42-30-10 Cal Row DB Hang Snatch	
3	4	5	6	7	8	9
	E2MOM 850 Air Squats	5 Rounds 200m Run 10 Ring Dips 10 Pullups	Hang Squat Snatch 10 x 2	EMOM 16 a) 12/10 Cal Ski b) 10 Burpees c) 12/10 Cal Bike d) 25 Dubs	30 Sandbags Over Shoulder	
10	11	12	13	14	15	16
	Back Squat 5-5-3-3-1-1-1	3 Rounds 250m Row 15 Power Snatch 20 Pushups	Death by: T2B Burpees 3 Rounds 500m Row 35 Dubs	Hang Clean 10 x 2	AMRAP 20 200m Run 5 Pullups 10 Push Press 15 Deadlifts	
17	18	19	20	21	22	23
	400m Lunge	Acid Shower 30 T2B 30 Cal Bike 30 Cal Row	5 Rounds 10 HSPUs 10 Pullups	AMRAP 7 25 Dubs 12 DB Snatch	Kinda Like Sleds 10 Rounds 10 Push Press 10 Step Ups	
24	25	26	27	28	29	30
	EMOM 12 a) 4 Back Squats b) 2 Front Squats	EMOM 20 a) 12/10 Cal Bike b) 10 DB Snatch c) 12/10 Cal Ski d) 10 Pullups	5 Rounds 15 Thrusters 15 Cal Row	Push Press 7 x 3	10 Squat Cleans 8 Squat Cleans 6 Squat Cleans 4 Squat Cleans 2 Squat Cleans *200m Run before ea set	
31	1					