

CrossFit RAGAMUFFIN

March 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	1	2	3	4	5	6
	6 Rounds 50 Air Squats 15 Pushups	Pick Your Poison a) 100 Cal Row b) 100 Cal Bike then a) 100 Push Press b) 100 KB Swings	EMOM 15 1 Power Clean + 1 Push Jerk	Sprints 8x200m Run	Jackie 1000m Row 50 Thrusters 30 Pullups	
7	8	9	10	11	12	13
	Front Squats 5-5-5-5-5	1600m Row 800m Run 100 Dubs	Ellen 3 Rounds 20 Burpees 21 DB Snatches 12 Db Thrusters	EMOM 20 a) 10/8 Cal Ski b) 10 Pushups c) 10/8 Cal Bike 10 Pullups	CF Open 21.1 1-2-6-9-15-21 Wall Walks 10-30-60-90-150-210 Dubs	
14	15	16	17	18	19	20
	Back Squat 5-5-4-4-3-3-2-2	AMRAP 11 3, 6, 9... T2B Burpees	3 Rounds 10 Power Cleans 20 HSPUs	50 Power Snatch 150 Dubs	CF Open 21.2	
21	22	23	24	25	26	27
	EMOM 12 2 Back Squats 1 Front Squat	5 Rounds 200m Run 10 Pullups 15 Pushups	Isabel 30 Snatches	21 Calorie Row 400m Run 15 Calorie Bike 400m Run 9 Calorie Ski 400m Run	CF Open 21.3 & 21.4	
28	29	30	31	1	2	3
	Deadlift 5-5-5-5-5	E2MOM 16 a) 25 Cal Row b) 20 Cal Bike c) 15 Cal Ski d) 60 Dubs	AMRAP 15 2,4,6... Hang Pwr Cleans DB Snatch Air Squats			