

CrossFit RAGAMUFFIN

December 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			E90secOM 10 1 Hang Clean + 1 Clean	100m Run 10-1 T2B	CF Open 11.1 AMRAP 10 30 Dubs 15 Pwr Snatch	
5	6	7	8	9	10	11
	27-21-15-9 Cal Row HSPUs	Buy In: 400m Run 5 Rounds 10 Pull Ups 20 Step Ups	E30secOM 5 1 Snatch E90secOM 5 1 Snatch	200m Run T2B 200m Ski Burpees 200m Run AMRAP 3 Max AMRAP 3 Max AMRAP 3 Max KB Swings	Back Squat 7 x 2	
12	13	14	15	16	17	18
	Deadlift 5 x 5	Jerk 10 x 2	200m Run 400m Run 800m Run 400m Run 200m Run	42-30-18 Dubs Pushups	50 Pullups 40 T2B 30 HSPUs 20 Burpees 10 Devils Press	
19	20	21	22	23	24	25
	20 BW Back Squats 30 3/4 BW Front Squats 40 1/2 BW OHS 50 Air Squats	30 Cal Row 30 Cal Bike 30 Cal Ski	EMOM 12 1 Snatch High Pull + 1 Snatch	1 Mile Run 50 GHD Situps	Merry Christmas Eve! 12 Days of Christmas WOD	Merry Christmas!
26	27	28	29	30	31	1
	E90secOM 10 1 High Hang Clean + 1 Hang Clean	50-40-30-20-10 Cal Row Dubs	4 Rounds 400m Run 2 Rounds of 5 Pullups 10 Pushups 15 Squats	Push Jerk 5 x 2	Happy New Years Eve!	