

CrossFit RAGAMUFFIN

November 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
	Front Pause Squats 7 x 2	AMRAP 3 Run Swings 200m Run HSPUs 200m Run 200m	200m Max KB AMRAP 3 Max AMRAP 3 Max T2B	Row 1000m 21-15-9 Burpees Push Press	TGUs 30 Reps	30 SDHP 30 Front Squats 30 Hang Squat Cleans 30 Power Snatches 30 OHS 95/65
7	8	9	10	11	12	13
	2-4-6-8-10-8-6-4-2 Front Squats then 30 Walking Lunges	30 Cal Ski 30 Cal Row 30 Cal Bike	E90sOM 10 1 Clean + 1 Clean	800m Run 25 Pushups 800m Run 25 Pushups	3 Rounds 30 Snatches 75/55	
14	15	16	17	18	19	20
	You Go I Go 5 Rounds 10 Back Squats 10 Back Squats 5 Front Squats	7 Rounds 100m Shuttle 7 Pullups	Press 5 x 5	5 Rounds 10 Purpees 10 Box Jumps	15 Clean & Jerks 15 Snatches 15 Clean & Jerks 15 Snatches	
21	22	23	24	25	26	27
	21-15-9 Squat Cleans HSPUs	7 Rounds 7 Wallballs 7 Pullups 7 Pushups	BW Deadlifts 100 Reps	Thanksgiving!	"Leftovers"	
28	29	30	1	2	3	4
	EMOM 12 a) 3 Back Squats b) 1 Front Squat	EMOM 24 1st min: 10/8 Cal Ski 2nd min: 10/8 Cal Bike 3rd min: 10/8 Cal Row 4th min: 10 DB Snatch				