

CrossFit RAGAMUFFIN

May 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	30	1
2	3	4	5	6	7	8
	Back Squats 7x4	EMOM 20 a) 12/10 Cal Bike b) 10 Pullups c) 12/10 Cal Ski d) 10 Pushups	EMOM 15 1 Squat Clean *2sec pause @knee @bottom	AMPRAP 3 Run 100m Swings Max KB 100m Run Burpees Max 100m Run Max Dubs	AMRAP 11 3, 6, 9... Thrusters C2B Pullups	
9	10	11	12	13	14	15
	Front Squats 10-8-6-4-2	Back & Forth Teams of 2 100 Pullups 150 Pushups	Calorie Competition 10sec Calories (Bike, Ski, Erg) 15sec Calories 30sec Calories	3/4 Ingrid 7 Rounds 3 Pwr Snatches 3 Burpees	CF Open 19.1 AMRAP 15 19 Wallballs 10 Calorie Row	
16	17	18	19	20	21	22
	EMOM 12 a) 3 Fronts Squats b) 6 Back Squats	4 Rounds 10 Wreckbag Cleans 400m Run	Tabata Pullups Pushups Air Squats	AMRAP 3 for 3 Sets 10 Burpees 35 Dubs	Barbell Complex 7 Sets 1 Clean 1 Front Squat 1 Push Press 1 Push Jerk	
23	24	25	26	27	28	29
	2 Cycles Every 2 min for 7 Sets 1 Snatch Deadlift 1 Snatch Pull 1 Snatch 1 OHS	Clean & Jerks 30 Reps 20 min CAP *2sec pause @Catch @ Jerk Catch	AMRAP 13 1 Mile Run Max Dubs	EMOM 7 1 Snatch EMOM 7 1 Clean EMOM 7 1 Push Jerk	200m Run 10-1 Burpees	
30	31					
	"Murph" 1 Mile Run 100 Pullups 200 Pushups 300 Squats 1 Mile Run					