

# CrossFit RAGAMUFFIN

# January 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1	2
					<b>Happy New Year!</b>	
3	4	5	6	7	8	9
	<b>YGIG 5 Rounds</b> 10 Back Squats 10 Back Squats 5 Front Squats	<b>AMRAP 3</b> 100m Shuttle Max DB Snatch AMRAP 3 Max Pushups AMRAP 3 200m Run Max Sandbags AMRAP 3 Max Situps	10 Rounds 150m Row 1-10 Box Jumps	<b>Elizabeth</b> 21-15-9 Squat Cleans Ring Dips	<b>Time Trial: 1 Mile Run</b> 3 Rounds 5 x Bear Complex	
10	11	12	13	14	15	16
	<b>Deadlifts</b> 7x3	5 Rounds 200m Run 12 T2B 12 Box Jumps	<b>EMOM 10</b> 1 Pause Snatch <b>AMRAP 7</b> 7 Burpees 7 OHS	<b>EMOM 16</b> a) 10/8 Cal bike b) 10/8 Cal Ski c) 10/8 Cal Row d) 25 Dubs	1/4 Murph 400m Run 25 Pullups 50 Pushups 75 Air Squats 400m Run	
17	18	19	20	21	22	23
	<b>E2MOM 10</b> Front Squats 5x2 Back Squats 5x5	<b>Free 4 All</b> 500m Row 25 Cal Bike 15 Cal Ski 50 Pushups 40 Situps 30 Pullups 20 burpees	<b>AMRAP 2</b> 2,4,6... T2B KB Swings AMRAP 2 10 DB Snatch 10 Goblet Squats AMRAP 2 2,4,6... HSPU Squats AMRAP 2 Max Cal Bike/Ski/Row	400m Run 21 Power Cleans 400m Run 15 Power Cleans 400m Run 9 Power Cleans	<b>CF Open 11.1</b> <b>AMRAP 10</b> 30 Dubs 15 Power Snatches	
24	25	26	27	28	29	30
	Back Squats 20-20-20-20	<b>Helen</b> 3 Rounds 400m Run 21 KB Swings 12 Pullups	<b>EMOM 10</b> 1 Snatch <b>AMRAP 7</b> 25 Dubs 15 Pushups	1 Mile Run Tabata Bike and Ski	<b>CF Open WOD</b> 20.1 10 Rounds 8 Ground to OH 10 Burpees CAP 15 min	<b>UNF - WOD</b>