



★ **MEMORIAL DAY** ★

— **MONDAY, MAY 25TH** —

★ **MURPH**

≡ **WORKOUT** ≡

FREE FOR ALL MEMBERS

JOIN US AND LET'S HONOR NAVY LIEUTENANT MICHAEL MURPHY.

The workout is traditionally done on Memorial Day as a physical and mental tribute to fallen service members.



LT. MICHAEL P. MURPHY
1976-2005
U.S. NAVY SEAL
MEDAL OF HONOR RECIPIENT

★ **JOIN COACH TYLER IN THE MURPH WORKOUT!** ★

★ **THE WORKOUT** ★



1-MILE RUN



**100
PULL-UPS**



**200
PUSH-UPS**



**300
AIR SQUATS**



1-MILE RUN

★ **YOU ARE PERMITTED AND ENCOURAGED TO PARTITION THE REPS AS NEEDED.** ★

MOST POPULAR STRATEGY
20 ROUNDS "CINDY" STYLE

5 PULL-UPS

★ **10 PUSH-UPS** ★

15 AIR SQUATS

REPEAT FOR 20 TOTAL ROUNDS

SCALING FOR YOUR FITNESS LEVEL

BEGINNER / QUARTER MURPH

1/4 MILE RUN, 25 PULL-UPS,
50 PUSH-UPS, 75 SQUATS, 1/4 MILE RUN

INTERMEDIATE (HALF) MURPH

800M RUN, 50 PULL-UPS,
100 PUSH-UPS, 150 AIR SQUATS, 800M RUN



★ **MODIFICATIONS** ★

USE RESISTANCE BANDS FOR PULL-UPS AND DO
PUSH-UPS FROM YOUR KNEES OR TO A RAISED BOX IF NECESSARY.



9AM



WE'LL MEET IN THE
BACK GROUP TRAINING ROOM.
WILSON'S FITNESS ON FORUM

RSVP HERE!



★ ★ **HONOR. SACRIFICE. COMMUNITY.** ★