



MURPH CHALLENGE

**GROUP CHALLENGE
APRIL 28 | 12:00 P.M.**

**INDIVIDUAL CHALLENGE
MAY 1-31**

JOIN US AT THE Y TO COMPLETE THE MURPH CHALLENGE

'Murph' is a classic Functional Fitness workout known as a Hero WOD. Hero WOD's are made by CrossFit & other Functional Fitness Organizations to honor the men and women that have fallen in the line of duty. This one is specifically to honor Navy Lieutenant Michael Murphy, who was killed in action in Afghanistan on June 28th, 2005.

Traditionally done as a group on Memorial Day, this year we will offer it as a small group challenge just before May as a great way to kick off the month and prepare you for the real deal should you accept the challenge this coming Memorial Day OR you may perform it on your own witnessed by a Fitness Coach within the month of May.

IN THIS OPTION, participants will perform the WOD on their own. They **MUST** check in with a Fitness Coach first to witness their work. Upon completion, the Fitness Coach will sign off on the workout and notify the PT Coordinator. The participant will receive their shirt shortly after. See below for WOD info.

1 MILE RUN

100 PULL-UPS

200 PUSH-UPS

300 AIR SQUATS

1 MILE RUN

*WITH A 20-LB VEST OR BODY ARMOR FOR MEN OR 14-LB FOR WOMEN.

**OPTIONS WILL BE
AVAILABLE FOR ALL LEVELS**

COST

**Members: \$25
Non-Members: \$45**

Participants Receive a
Murph Challenge T-shirt
T-shirt Deadline: April 28

REGISTER



T-Shirt Deadline April 28th

Questions? Contact Kat De Leon at kat.deleon@scymca.org