

THE TACTICAL FITNESS CENTER PRESENTS

T H E
MURPH
C H A L L E N G E

HONORING ALL VETERANS

**VIRTUAL EVENT DAYS:
FRIDAY, 26 MAY
- TUESDAY, 30 MAY**

REGISTER FOR AT THE TACTICAL
FITNESS FRONT DESK



Join us for one of the most ultimate physical tests - The Murph Challenge

What is the Modified Murph Challenge?

The Murph Challenge is an intense CrossFit WOD (workout of the day) named after Lieutenant Michael Murphy. It includes a 1-mile run, 100 pull ups, 200 push-ups, 300 squats, and a second 1-mile run — all while wearing a 20-pound vest. (Modified versions to fit different fitness levels).

COMPETITIVE*	INTERMEDIATE	BEGINNER
1-MILE RUN	QUARTER MILE RUN/WALK	HALF MILE RUN/WALK
100 PULL-UPS	50 PULL-UPS	25 ASSISTED PULL-UPS
200 PUSH-UPS	100 PUSH-UPS	50 PUSH-UPS
300 SQUATS	150 SQUATS	75 SQUATS
1-MILE RUN	QUARTER MILE RUN/WALK	HALF MILE RUN/WALK

*WEIGHTED VEST OPTIONAL

When do we do the event?

- Register by scanning the QR Code
- You will have from Friday, 26 May to 30 May to get your Murph in and submit your time.
- Complete your Murph Challenge by yourself or with a friend.

