



## Warm Up: Murph!

Baseline last done 5/29/23

### Mobility

- “The Stretch”
- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

### Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

### Dynamic

- High Knees x30(ttl)
- Butt Kicks x30(ttl)
- Jumping Jacks x30
- Leg Swings x10(ea)



## Murph: UB For time

- 1 Mile Run
- 100 Pull Ups
- 200 Push Ups
- 300 BW Squats
- 1 Mile Run

## Option: UB For time

- .5 Mile Run
- 50 Pull Ups
- 100 Push Ups
- 150 BW Squats
- .5 Mile Run

## Partitioned Murph:

10 Rounds or 20 Rounds

- 1 Mile Run(Only Once)
- 10/5 Pull Ups
- 20/10 Push Ups
- 30/15 BW Squats
- 1 Mile Run(Only Once)

## Partner Murph:

Both Run then → You go, I go

- 1 Mile Run
- 100 Pull Ups
- 200 Push Ups
- 300 BW Squats
- 1 Mile Run



