

February 3, 2010
Weekly PT
Murph



In memory of Navy Lieutenant S01 (SEAL) Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005. This workout was one of Mike's favorites and he named it 'Body Armor.' From here on it will be referred to as 'Murph' in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.

For time: Record your best time. I completed it in 36:32!

Partition the pull-ups, push-ups, and squats as needed. Start and finish with a mile run. If you have a 20 pound vest or body armor, wear it.

1 mile Run
100 Pull-ups
200 Push-ups
300 Squats
1 mile Run

Enjoy =)

For video description of exercises: <http://trainonline.smithsports.us/exercises.htm>