

“MURPH”

The Murph Challenge is more than just a workout. It is a tradition that helps push us, humble us, and allows up the opportunity to dedicate a bit of pain and sweat to honor LT. Michael P. Murphy (SEAL), a man who sacrificed everything he had for our freedom.

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1 MILE RUN.

100 PULLUPS

200 PUSHUPS

300 SQUATS.

1 MILE RUN.

...IN A 20LB VEST OR BODY ARMOR

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Memorial Day 2021

May 31st at 9am

at CrossFit 641

Registration by May 26– CrossFit 641 members register at CrossFit 641. Non-members register at the Horne-Henry Center Service Desk (\$15 fee for non-members).

Contact Curt Shaver with questions.
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