

The Murph Challenge

Week 1, Workout 1

1. Warm Up: foam roll, stretch, muscle activation

2. Run 400 meters

3. Circuit: 3x30 sec each

a. Plank

b. Back extension

c. Lat pull down

d. Push ups

e. Air squats

4. Pull ups 3x5

5. Bench press 3x5

6. Deadlift 3x5

7. Run 400 meters

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