



The Murph Challenge

WOD #1

Warm up: foam roll, stretch, muscle activation

Conditioning: 400 meter run

**Circuit: 3x30 sec plank, back extension,
push ups, lat pull down, air squats**

Strength:

Pull Ups 3x5

Bench press 3x5

Deadlift 3x5

Conditioning: 400 meter run

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