

Memorial Day Murph

Monday May 26th @ 7-9am

***Open Gym style, allow enough time to finish**

MURPH

1 MILE RUN

100 PULL UPS

200 PUSH UPS

300 SQUATS

1 MILE RUN

w/ 20 lb weight vest

**in honor of
Lt. Michael Murphy
KIA 2005 Afghanistan**



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