

Progression MURPH PREP Challenge

- ★ Each circle indicates completion of a certain task
- ★ You may complete two circles per day

400m run 30 Pull Ups 50 squats 30 Push Ups 800m run 40 Pull ups 40 Push ups 50 Squats

50 Pull ups 50 Squats 50 Push ups 800m Run 35 Push ups 60 squats 40 Pull ups 800m Run 60 pull ups

60 Squats 30 Push ups 1 mile run 50 Pull ups 50 squats 70 push ups 1 mile run 1 mile run 400m run

400m run Murph!

AFTER FILLING ALL THE CIRCLES, TURN IN COMPLETED SHEET FOR A BADGE!