



BFD

TEAM MURPH

MAY 25-29 2023

1 Mile
100 Pull ups or Ring Rows
200 Push ups or Modified Push ups
300 Airsquats
1 Mile

To be completed in teams of 4. Starts and ends with all firefighters completing a $\frac{1}{4}$ mile run. When all firefighters have finished the run, begin partitioning the pull ups, push ups, and airsquats as needed. Only 1 firefighter may be working at a time. 1 works, 3 rest. Participants may substitute a 500m row in lieu of the $\frac{1}{4}$ mile run. Individual options are as follows: Murph and Half Murph

Firehouse with the most participants wins.
Please visit healthandladders.com/challenges for complete details.