



MURPHY

- 1 Mile Ruck
- 100 Sandbag Bent Over Rows
(60#/40#)
- 200 Push-Ups
- 300 Squats
- 1 Mile Ruck

Wear Weight Vest or Rucksack
(20#/14#)

Navy Lieutenant Michael P. Murphy was killed in Afghanistan on June 28, 2005. A U.S. Navy SEAL officer, Murphy was awarded the U.S. military's highest decoration, the Medal of Honor.