



April 2024  
NURTURE



# MANION WOD

GORUCK Version

7 ROUNDS:

400m Run

29 Sandbag Back Squats

Rx: 60/40 lb Sandbag

A Workout to Honor Travis' Legacy

Dedicated to 1st Lt Travis Manion, USMC, the Manion Hero WOD brings veterans, families of the fallen, and inspired civilians together each year to honor Travis' life and legacy on and around the anniversary of his sacrifice on April 29th. CrossFit boxes, ruck clubs, and gyms host the workout and thousands of individuals nationwide honor Travis' sacrifice. The workout is structured to honor the day Travis gave the ultimate sacrifice on 4/29/2007.

<https://www.travismanion.org/events/manion-wod/>