



Week 21

MON 5/25/2026	TUES 5/26/2026	WED 5/27/2026	THUR 5/28/2026	FRI 5/29/2026																		
<p><b>WARM UP</b></p> <p>(<a href="https://www.crossfit.com/heroes/murph-workout">https://www.crossfit.com/heroes/murph-workout</a>)</p> <p>See attached</p>	<p>GYMNASTICS – POST MURPH (IF ANYONE MISSED MURPH – WE CAN MAKE IT UP TODAY)</p> <p>GROUP WARM UP – 10:00 ½ ON FLOOR, ½ ON BARS – ALL RX, NO BANDS</p> <table border="1"> <thead> <tr> <th>TIME</th> <th>FLOOR</th> <th>BAR</th> </tr> </thead> <tbody> <tr> <td>:45</td> <td>PLANK</td> <td>HANG</td> </tr> <tr> <td>:45</td> <td>SERRATUS PUSH UPS</td> <td>SCAP PULL UPS</td> </tr> <tr> <td>:45</td> <td>INCH WORM</td> <td>BEAT SWING (NOT UB)</td> </tr> <tr> <td>:45</td> <td>NEG PUSHUPS</td> <td>PULL UPS/RR</td> </tr> <tr> <td>:45</td> <td>BEAR CRAWL</td> <td>TURN ON BAR</td> </tr> </tbody> </table> <p><b>25' EFFORT (A)</b> 1:00 LT CARDIO EFFORT BEFORE EACH MVMNT 3X ROPE CLIMB - PROGRESSION 5X WALL WALK – PARTIAL 7X HSPU – TRIPOD, ELEVATED TRIPOD 15X T2B/V-UPS /LEG LEVER (DB) (DESIGNATED BAR)...TIME TO USE THE BENCH CURL UP FOR A KIP-&gt;T2B</p> <p><b>(B) 15-20'</b> 1:00 LT CARDIO EFFORT BEFORE EACH MVMNT :30 L-SIT HOLD – TUCK SIT HOLD (ACCUMULATE) 20X BANDED LAT PULL DOWN – PACED/SMOOTH 25' STRAIGHT LEG FROGGER</p>	TIME	FLOOR	BAR	:45	PLANK	HANG	:45	SERRATUS PUSH UPS	SCAP PULL UPS	:45	INCH WORM	BEAT SWING (NOT UB)	:45	NEG PUSHUPS	PULL UPS/RR	:45	BEAR CRAWL	TURN ON BAR	<p><b>WARM UP</b></p> <p>Deep Rig Squats, then in teams: 2:00, 4x :30 on/:30 off Synchronized pvc pipe squats w/ partner – each holding one end of pipe</p> <p><b>PRIORITY: STRENGTH</b></p> <p>SQUAT 4 Rds x 5 reps Dbl DB Hang Squat Clean Superset 5x jump up/step down</p> <p>PRESS 4 Rds x 3 reps PP/PJ</p> <p>HINGE 5-5-3-3* BB DL Climbing</p> <p>*following last set of 3 reps, 30x WL steps.</p>	<p><b>PARTNERS</b></p> <p>100m row/200m bike, :15 transition Jump rope or rebounding low plate jumps</p> <p>200m row/400m bike, :15 transition Sit ups/V-ups</p> <p>300m row/600m bike, :15 transition Agility Ladders – left, right, forward, (jump optional)</p> <p>400m row/800m bike, :15 transition Dball/Sandbag over shoulder</p> <p>500m row/1000m bike, :15 transition Burpee</p> <p>600m row/1200m bike, :15 transition Box step up</p> <p>700m row/1400m bike, :15 transition Sandbag over rig</p> <p>800m row/1600m bike, :15 transition Burpee Sandbag over rig</p> <p>Repeat 800, 700, 600...</p>	<p><b>CLOSED IN LATE HONOR OF MEMORIAL DAY</b></p>
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:45	PLANK	HANG																				
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<p><b>PRIORITY: BODYWEIGHT/STR.</b></p> <p>H:00-07 Murph Tribute H:07-15 set up</p> <p>Memorial Day Murph Teams of 2 or 3 See attached Clock starts at H:15 end cuts off at H:45 whether they're ready or not</p> <p><b>GRANDMASTERSRX CLEARWATER IS CLOSED FRIDAY 5/29 FOR MEMORIAL DAY VS. 5/25.</b></p>																						



**MEMORIAL DAY MURPH OPTIONS**  
**TEAMS OF 2 OR 3**  
**1 ATHLETE WORKS AT A TIME\* - SPLIT REPS**  
**45 MINUTE CAP**

	<b>FULL MURPH</b>	<b>¾ MURPH</b>	<b>½ MURPH</b>	<b>OTHER</b>
<b>RUN/ROW/ BIKE</b>	RUN 1 MILE (4 LARGE LOOPS) ROW 2,000 M ABIKE 96/72 CALORIES (84 CALS FOR BOY GIRL TEAM)	RUN ¾ MILE (3 LG LOOPS) ROW 1,500 M ABIKE 72/54 CALORIES (63 CALS FOR BOY GIRL TEAM)	RUN 1/2 MILE (2 LG LOOPS) ROW 1,000 M ABIKE 48/36 CALORIES (63 CALS FOR BOY GIRL TEAM)	
<b>PULL UPS OR RR</b>	100X	75X	50X	
<b>PUSH UPS</b> (BAND/BAR/KNEE)	200X	150X	100X	
<b>SQUATS</b>	300X	225	150X	
<b>RUN/ROW/ BIKE</b>	RUN 1 MILE (4 LARGE LOOPS) ROW 2,000 M BIKE 96/72 CALORIES	RUN ¾ MILE (3 LG LOOPS) ROW 1,500 M BIKE 72/54 CALORIES (63 CALS FOR BOY GIRL TEAM)	RUN 1/2 MILE (2 LG LOOPS) ROW 1,000 M BIKE 48/36 CALORIES (63 CALS FOR BOY GIRL TEAM)	

- RUNS: BOTH CAN RUN TOGETHER, OR TO SPLIT: - 1 MILE = 8 SHORT LOOPS (AROUND JUST OUR BUILDING CUTTING THE CORNER ON THE BACK OFF – YOU GO 1 GO (4 LAPS EACH)
- ROWER+RUNNER: BOTH CAN DO DISTANCE TOGETHER, OR THE RUNNER RUNS A 200, THE ROWER ROWS A 250: 2 ROUNDS = ½, 3 ROUNDS EACH = ¾, 4 ROUNDS EACH = FULL)