

MEMORIAL DAY MURPH: WHO? WHAT? WHY? WOD?



CrossFit is promoted as both a physical exercise philosophy and a competitive fitness sport, incorporating elements from high-intensity interval training (HIIT), Olympic weightlifting, plyometrics, powerlifting, gymnastics, girevoy sport, calisthenics, strongman, and other exercises. The CrossFit routine changes daily which is why they call it the “WOD” (workout of the day). **Hero WOD’s** are made by CrossFit to honor the men and women that have fallen in the line of duty. The “Murph” is a classic **Hero WOD** specifically to honor Navy Lieutenant Michael Murphy, who was killed in action in Afghanistan on June 28th, 2005.

The “MURPH” was Michael’s favorite workout to do, which at the time referred to it as “Body Armor”, a 20 lb vest or body armor as part of the workout. So, every year, CrossFitters synonymously around the world pay special tribute to Lieutenant Murphy by joining together and suffering through the workout.

WHAT IS LT. MURPHY'S STORY?

LT. MICHAEL P. MURPHY

UNITED STATES NAVY (SEAL)

MAY 7, 1976 – JUNE 28, 2005

LT. Michael P. Murphy (SEAL) was the officer-in-charge of a four-man SEAL element in support of Operation Red Wings, tasked with finding a key anti-coalition militia commander near Asadabad, Afghanistan. He left his cover position and went to a clearing away from the mountains, exposing himself to a hail of gunfire in order to get a clear signal to contact headquarters for relaying the dire situation and requesting immediate support for his team. He dropped the satellite phone after being shot multiple times but picked the phone back up and finished the call. Then continued fighting from his exposed position until he died from his wounds.

Crossfit is one of many organizations that honor the fallen men and women of this country. The first national Memorial Day was celebrated as Decoration Day on May 30, 1868 at Arlington National Cemetery. This speech was given by James A. Garfield, a member of Congress at the time. James Garfield served as a General in the Union Army during the Civil War and later became the 20th President of the United States.

"We do not know one promise these men made, one pledge they gave, one word they spoke; but we do know they summed up and perfected, by one supreme act, the highest virtues of men and citizens. For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and their virtue."

--- James A. Garfield, May 30, 1868 Arlington National Cemetery

*Your Assignment is to go online and look up what the **Murph Hero WOD** is. There are 5 parts to this workout. Don't worry you don't have to do the workout. Email me the answer.*