

## Memorial Workout: “ABUKIR”

### Concept:

**In Tribute to Egypt’s Resistance: 1517–1801 CE  
Honoring the Battle of Abu Qir – August 1st, 1801**

“You kept the flame of sovereignty alive through centuries of domination. This is for the strength that refused to fade.”

---

### Workout Purpose - Resistance Through the Ages:

This workout traces **three phases of Egypt’s resistance**, spanning nearly 300 years — **Ottoman rule, the French invasion, and the final battle at Abu Qir.**

Each section is tied to a **key historical year** and paired with a **symbolic movement or effort** that represents the physical and emotional weight of that era.

---

### Workout Symbolism

Movement	Meaning
1517 Row	Endurance under foreign rule
Heavy Clean & Jerk	Power of organized resistance
1805 Bike	Surge to reclaim sovereignty

### Main Workout Breakdown Format: Pyramid For Time

#### (Rx) Version:

#### "1517 Row" – Concept2 Rowing Machine

*Symbolizing the beginning of Ottoman rule and Egypt’s enduring strength across the centuries.*

- **Row 1517 meters**

- **Pace with discipline** — long, steady effort reflecting a nation forced to adapt yet never surrender.

### "Go Heavy Day" – Clean Squat + Split Jerk

*Embodying the power of local resistance — Mamluks, militias, and civilians who bore the weight of conflict.*

- **Work to a Heavy Set** (Clean Squat → Split Jerk)
- Perform **4 heavy singles** to represent the 4 centuries of resistance (1500s–1800s)
- **Rest as needed between sets**

**Form over speed.** This is a tribute to precision, discipline, and explosive strength in the face of empire.

### "1805 Ride" – Concept2 BikeErg (or Assault Bike)

*Representing the road to liberation and the aftermath of victory at Abu Qir.*

- **Bike 1805 meters** (or scale to 90 seconds for time-based workouts)
- Finish strong — your final push reflects the turning point that forced Napoleon's retreat.

---

## **Optional Finisher (for Teams or Events)**

If performed as a group tribute:

- Each athlete rows, lifts, and bikes their segment
- End with a **1-minute silence or plank hold** in collective tribute to all Egyptian defenders

---

## **Scaled Version – “Abukir” Memorial Workout**

**Designed for beginners, adaptive athletes, or community group participation**  
*Same spirit. Same tribute. Adjusted for accessibility.*

---

## **Workout Breakdown – Scaled**

### 1 "1517 Row" (Scaled)

- **Row:** 1,000 meters  
(Or 4 minutes steady effort)
- Optional substitution: **500m SkiErg or 800m walk**

Focus: Controlled breathing and consistent pacing

---

### 2 "Clean Squat + Push Press" (Scaled Strength Segment)

- Replace **Split Jerk** with **Push Press**
- Use moderate weight (barbell, dumbbells, or kettlebell)
- Perform **4 sets of 2–3 reps**, prioritizing **form over load**

Alternative for beginners:

→ **Front Squats + Dumbbell Shoulder Press**

---

### 3 "1805 Bike" (Scaled)

- **BikeErg or Assault Bike:** 1,000 meters  
(Or ~90 seconds at controlled pace)
- Alternative: **400m Walk or 2-minute March in Place**

### Suggested Equipment Adjustments

Rx	Scaled Alternative
Barbell Clean & Split Jerk	Dumbbell Clean + Push Press
1517m Row	1,000m Row or 800m Walk
1805m Bike	1,000m Bike or 400m Walk
Heavy Singles	Moderate 3-rep Sets