

Memorial Workout: AHMOSE

“Rise. Reclaim. Rebuild.”

In honor of Pharaoh Ahmose I, Defender of Egypt, Founder of the New Kingdom

Main Workout For Time (🕒 30 Minutes)

Rx Version

- **1550 meter Run** (*symbolizing the year 1550 BCE, the liberation of Avaris*)
— Weighted vest optional (20/14 lbs)

Then 3 Rounds of:

- **17 Clean & Jerks** (135 lbs M / 95 lbs W)
— Represents May 17th, symbolic memorial date
- **12 Deadlifts** (225 lbs M / 155 lbs W)
— Represents the 12 battles believed to be fought in the full Hyksos expulsion campaign
- **550 meter Run**
— Symbolizing the final push in Ahmose’s campaign; 550 = "the remaining march of the Hyksos to Sharuhenn"

Finish with:

- **30 Clean & Jerks for Glory** (115 lbs M / 75 lbs W)
— 30 reps to honor the 30+ years of struggle and rebuilding from the Second Intermediate Period to a united Egypt
-

♥ Scaled Version (🕒 30 Min)

- **1000 meter Run**
— (No vest)

Then 3 Rounds of:

- **12 Clean & Jerks** (95 lbs M / 65 lbs W or 2 DBs at 40/25 lbs)
- **9 Deadlifts** (155 lbs M / 105 lbs W)
- **400 meter Run**

Finish with:

- **20 Clean & Jerks for Glory** (light barbell or dumbbell)

Intended Stimulus:

- **Full-body power and endurance test** representing Ahmose's long campaign of resilience and battle.
- The **runs** represent the long campaigns from Thebes to Avaris to Sharuh.
- The **Clean & Jerk** reflects the explosive, coordinated effort of rebuilding a kingdom.
- The **Deadlifts** reflect the heavy burden of war, death, and nationhood that Ahmose carried — and overcame.