

## 🏳️🏹 “Jul 7<sup>th</sup> Memorial Workout: “Al-Mansy”

### 🔥 Concept:

"A lion on the rooftop. A shield for his men. A symbol for a nation."

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### 🔥 🏛️ 📅 Historical Reflection — Jul, 7<sup>th</sup> 2017 - Workout Purpose:

**Ahmed Saber Al-Mansy** (1978–2017) was a legendary Egyptian special forces commander and the leader of the elite **103rd Sa'ka Thunderbolt Battalion**, renowned for his bravery in Egypt's war against terrorism. Born in Sharqia Governorate, he graduated from the Egyptian Military Academy in 1998 and went on to complete the U.S. Navy SEALs BUD/S training (Class 258), earning a reputation as one of the most skilled and respected officers in the region. On **July 7, 2017**, during a fierce ISIS attack on the **El-Barth checkpoint** in North Sinai, Al-Mansy led his vastly outnumbered unit in a heroic defense that lasted over four hours. Despite being critically wounded, he continued to fight until his martyrdom, ensuring the outpost was never breached. His leadership and sacrifice turned him into a national symbol of honor, courage, and duty—forever remembered as a protector of the homeland.

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### 🏆 Main Workout Breakdown Format For Time ⌚ 120 Minute Time Cap

**Time Cap:** ⌚ 120 Minutes (2 hours)

This time cap reflects the **length of the actual battle** at the **Al-Barth checkpoint**, where Al-Mansy and his unit held their ground for **~4 hours**, until air support arrived. Your team has 2 hours to honor that stand.

### 🏆 Elite Version Workout (Team)"

#### ▲ (Rx) Version:

#### 1. 7K Run with the Egyptian Flag Abroad

Representing **July 7, 2017**, the day of his ultimate sacrifice in Rafah.

- One team member carries the flag at all times
- Rotate flag bearer as needed

#### 2. 103 Teammate Clean & Jerks (135lbs M / 95lbs W)

Symbolizes **Battalion 103 (Thunderbolt)**, the elite unit Al-Mansy led.

- Reps can be split as needed
- One person works at a time
- 3. **103 Teammate Deadlifts (185lbs M / 135lbs W)**

Again for the **103rd Battalion**, representing strength under pressure.

- Rotate athletes
- Emphasize strong and controlled lifts — no drops
- 4. **7K Run with the Egyptian Flag Abroad**

The return — finishing what you started. This second 7K simulates the **long march of survivors, legacy, and memory**.

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## **Al-Mansy Memorial Workout: Scaled Version (Full Workout)**

**Time Cap:** 🕒 120 Minutes (same as Rx version – in tribute to the 2-hour heroic defense)

### ▼ **Scaled (Individual or Pair Option):**

#### *1. 3.5K Run with Light Weighted Vest or Flag*

- **Purpose:** Halved distance for accessibility. Run or jog with a light vest (10–14 lbs) or carry a small Egyptian flag.
- **Modification:** Walk-jog if needed. Scale vest to 5–10 lbs.

#### *2. 52 Clean & Jerks (M: 95 lbs / W: 65 lbs)*

- **Purpose:** Scaled reps of the 103 Clean & Jerks — still honoring Battalion 103 (5 + 2 = 7 → July 7)
- **Modification:** Dumbbells (2 x 25/15 lbs) or lighter barbell
- **Focus:** Form over speed. Split reps with a partner or rest between sets if needed.

#### *3. 52 Deadlifts (M: 135 lbs / W: 95 lbs)*

- **Purpose:** Matching the scaled reps with the same symbolism.
- **Modification:** Use kettlebells, lighter bars, or dumbbells
- **Focus:** Controlled lifts. Back stays straight. No drops.

#### *4. 3.5K Run (same as opening run)*

- **Purpose:** Return path — a symbolic conclusion to the mission
- **Modification:** No vest if fatigued. Partner run/walk if needed.

### **Additional Notes on Scaling:**

- **Muscle fatigue is real** — emphasize safe mechanics.
  - **If in a team of 2–3**, split reps equally or assign by strength level.
  - **Solo athletes** can reduce reps by another 20–30% depending on ability.
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### **Optional *Beginner-Level* Scaling:**

- **2K Run (x2)**
  - **30 Clean & Jerks @ empty barbell or 2 x 10lb dumbbells**
  - **30 Deadlifts @ 65–95 lbs**
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### **Gear Modifications:**

- **No Barbell?** Use Dumbbells or Sandbags.
  - **No Vest?** Use a backpack with books, bricks, or water bottles.
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### **Explanation of Rep Numbers:**

Element	Reps/Distance	Symbolism
7K Run (x2)	7,000 meters	<b>7th of July</b> , date of Al-Mansy's martyrdom
Clean & Jerks	103 reps	<b>Battalion 103 (Thunderbolt)</b> – Al-Mansy's command
Deadlifts	103 reps	The same — strength & sacrifice under the Thunderbolt emblem

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## EG **The Purpose of the Al-Mansy Memorial Workout**


The **Al-Mansy Memorial Workout** is designed not just as a physical test, but as a **living tribute** to the values and legacy of Colonel Ahmed Saber Al-Mansy: **resilience under pressure, unwavering duty, and fearless leadership in the face of overwhelming odds**. Each element of the workout mirrors his heroic actions at the **El-Barth Checkpoint**—a scenario where he and his men stood their ground against a numerically and technologically superior force. The **7K runs** represent the long, grueling effort of holding the line without retreat, echoing the endurance needed to withstand hours of attack. The **103 Clean & Jerks and 103 Deadlifts** are not random; they directly honor the **103rd Sa'ka Battalion** he commanded, with the movements symbolizing the burden carried by elite warriors like him. The use of **team-based lifting** embodies the brotherhood and cohesion that defined his command. The **weighted vest** worn throughout is a nod to the physical and emotional weight borne by soldiers in battle.

This workout demands strength, endurance, and unity. It reminds us that heroism is not just found in explosive moments, but in steadfast commitment—rep after rep, heartbeat after heartbeat, decision after decision. Completing the workout is not the goal; **honoring the fallen and carrying their legacy forward is**.

### **Al-Mansy Workout:**

This scaled version keeps the **heart and soul** of the “Al-Mansy” Memorial alive:

- **The dual 7Ks (or 3.5K)** reflect the long, grueling battle and perseverance.
- **The 103-themed lifts**, scaled or full, embody the identity of Al-Mansy's Battalion.
- **The weighted vest**, in any form, reminds athletes of the burden borne by real heroes.

No matter the version completed, the ultimate goal remains the same: **To honor the life, sacrifice, and spirit of Ahmed Saber Al-Mansy — Egypt's lionhearted shield.**  EG