

## “Memorial Workout: “Bahr El-Baqar”

### **Concept:**

"Today, we didn't just move—we remembered. With every step, lift, and breath, we carried the weight of a tragedy that shook a nation. We honor the 52 innocent souls of Bahr El-Baqar, whose lives were unjustly taken, but whose memory fuels our resolve to build peace, justice, and a future free from fear."

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### **Historical Reflection — April 8, 1970 - Workout Purpose:**

On the morning of **April 8, 1970**, Israeli warplanes launched a brutal airstrike on **Bahr El-Baqar Primary School** in **Sharqia Governorate, Egypt**, killing **52 children** and injuring dozens more. The school—marked clearly as a civilian structure—was hit with multiple bombs and missiles while class was in session. The massacre sent shockwaves through Egypt and the world, becoming one of the darkest chapters in modern Egyptian memory. These children became martyrs of innocence, and their loss continues to symbolize the cost of unchecked aggression and the resilience of a grieving yet unbroken nation.

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### **Main Workout Breakdown Format For Time** **35 Minute Time Cap**

**Equipment:** Weighted vest (**14 lbs M / 10 lbs W**) — represents the average age of the martyred children

**Team Option:** Solo or Team of 2

#### **(Rx) Version:**

### **Part I: Endurance of Grief**

- **52 Calorie Assault Bike** (*share or alternate if in a team*)
- **52 Wall Balls** (20/14 lbs)
- **52 Deadlifts** (185 lbs M / 125 lbs W)
- **52 Sit-Ups**

### **Part II: Movement of Memory**

- **52 Box Jumps** (24"/20")
- **52 Push Presses** (95 lbs M / 65 lbs W)
- **52 Air Squats**
- **52 Double Unders** (*or 104 Single Unders*)

## Finisher: The Silent March

- **400m Silent Weighted Vest Run**
    - ▣ *Carrying the Egyptian flag*
    - 🕯 No music. No talking. Just remembrance.
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## Scaled Version (for beginners, youth, or limited access gyms)

- **Reduce reps to 26 each movement**
  - **Use lighter barbell/dumbbells** for deadlifts and push press
  - **Box Step-ups** instead of jumps
  - **Air squats** instead of wall balls
  - **No weighted vest if needed**
  - **Run or walk 200m instead of 400m**
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## Workout Symbolism

Component	Symbolism
52 Reps Each	One rep per child killed
Weighted Vest	The emotional and national burden carried
Sit-Ups, Air Squats	Child-like movement; stolen innocence
Assault Bike / Run	Breath of resistance and endurance
Silent Run w/ Flag	National grief and resilience in unified silence