

“Memorial Workout: “Fariskur – The Trap in the Delta”

In Honor of the Egyptian Victory at the Battle of Fariskur (April 6, 1250 CE)

♥ *Strength in unity. Power in resistance.*

Workout Purpose

This workout mirrors the **strategic ambush**, **street combat**, and **people-powered resistance** that led to Egypt’s decisive victory over the Seventh Crusade. The combination of **explosive Olympic lifts**, **gritty bodyweight control**, and **total-body fatigue** honors both the warriors and the civilians who fought to defend their homeland.

🏹 Main Workout ⌚ For Time:

AMRAP 25 (*As Many Rounds As Possible in 25 minutes*)

🏹 Represents the sustained resistance across days of urban battle, ending in the ambush at Fariskur.

“Fariskur – The Trap in the Delta”

Complete as many rounds as possible in **25 minutes**:

- **4 Push Jerks** (135 M / 95 W lbs) → *April 6, 1250*
 - **6 Sumo Deadlift High Pulls** (95 M / 65 W lbs) → *Tight Nile crossings and heavy lifting*
 - **12 Pistol Squats (6 each leg)** → *Agile, grounded, single-leg resilience*
 - **250m Run** or **0.5 Assault Bike** → *Crusaders' retreat, Egyptians in pursuit*
 - **1-minute Plank Hold** (optional after each round) → *Discipline and unity under pressure*
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🏹 Scaled Version (Accessible)

- **Push Jerks** → 95/65 lbs or Dumbbell Push Press
 - **SDHPs** → Lighter bar or Kettlebell high pulls
 - **Pistol Squats** → To box, or replace with 12 air squats
 - **Bike/Run** → Reduce to 200m run or 0.3 bike
 - **Plank Hold** → Modify to 30 seconds if needed
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Workout Strategy

- **Push jerks:** Use legs to save your shoulders — drop and reset if needed
 - **SDHPs:** Explode through hips and elbows high
 - **Pistols:** Stay controlled — this is balance under fire
 - **Run/Bike:** Shake out legs, maintain a sustainable pace
 - **Plank Hold:** Optional but powerful — symbolic of Egyptian resilience
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Legacy & Symbolism

- **4-6-12** = April 6, 1250 — Battle Date
- **Push Jerks** = Offensive coordination of Mamluk forces
- **SDHP** = Lifting through narrow urban combat
- **Pistols** = Balance, grounded resistance of locals
- **Run/Bike** = Pursuit and retreat in the Nile Delta
- **Plank** = Egyptian endurance — still, stable, unbreakable

♥ *This is not just a workout. It's a reenactment of strategy, of unity, of history. Each rep is a tribute to the warriors, villagers, mothers, builders, and leaders who stood for Egypt's soul in 1250 CE.*