

## “Memorial Workout: “640 – The Babylon Breakthrough”

**In Honor of Amr ibn al-As and the Fall of the Babylon Fortress (640 CE)**

♥ *Victory through precision, unity through vision.*

### Workout Purpose

This WOD honors the **siege and victory at the Babylon Fortress**, the gateway to Fustat, and a turning point in Egyptian history. The **push-press and deadlift** reflect the force needed to break through fortified resistance. The **assault bike** mimics fast tactical mobility, and **handstand push-ups** reflect balance and advanced battlefield skill. Built around the **year 640**, the workout is structured to reflect the **sustained pressure, strategic aggression**, and eventual breakthrough led by Amr ibn al-As.

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### ♥ Warm-Up (10 minutes)

- 2 Rounds:
    - 10 Air Squats
    - 10 Push-Ups
    - 6 Strict Presses (light bar)
    - 6 Deadlifts (light)
    - 15 sec Assault Bike Sprint
    - 30 sec Wall Hold (prep for HSPUs)
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### 🏹 Main Workout ⌚ For Time:

Rx (Elite):

“The Babylon Breakthrough”

**4 Rounds** (*representing the 4-day siege of the fortress*)

- **6 Handstand Push-Ups** (*precision & pressure on the wall*)
- **40 Push Press** (*135 M / 95 W lbs*) — *burst through resistance*
- **640m Assault Bike (0.4 mi)** (*mobility + pressure on the flanks*)
- **10 Deadlifts** (*60% of your bodyweight*) — *the burden of leadership*

**Then, after final round:**

- **64-second Wall Sit** (*in honor of 640 CE — stand firm under pressure*)

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## Scaled Version (Accessible)

- **Handstand Push-Ups** → Pike Push-Ups / Box HSPU
  - **Push Press** → 95 M / 65 W lbs or Dumbbell Presses
  - **Assault Bike** → 400m Run or 500m Row
  - **Deadlift** → 40–50% of bodyweight
  - **Wall Sit** → Rest as needed or shorten to 30 seconds
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## Workout Strategy

- **Push press** reps are high: break them into smart sets (e.g. 10-10-10-10)
  - Assault bike is **not max sprint** — stay consistent to save shoulders
  - **Handstand push-ups** first: use a stable wall and kip if allowed
  - Deadlifts are heavy — hold form, stay strong through the core
  - Finish with discipline on the wall sit — it's symbolic, don't skip it
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## Legacy & Symbolism

In **640 CE**, Egypt turned a page — not just by force, but through wise leadership. This workout reflects both the physical siege and the peaceful vision that followed:

- **4 Rounds** = 4-day siege
- **6 HSPUs** = precision combat
- **40 Push Presses** = offensive strategy
- **640m Assault Bike** = fast mobility, exact like Amr's troops
- **Deadlifts** = the burden of battle and governance
- **64-second Wall Sit** = endurance under responsibility

♥ *“Strength in combat, compassion in victory.”*  
**Glory to Amr ibn al-As — Liberator of Egypt.**  
**Long live Egypt. Glory to its eternal army.**