

🇸🇪 “Oct 6th Memorial Workout: “EL-RIFA’I”

🔥 Concept:

In Honor of the Ghost of Group 39 Combat Unit

"You only see him when it's too late."

🔥 🏛️ 📅 Historical Reflection — Oct, 19th 1973 - Workout Purpose:

Brigadier General Ibrahim El-Rifa'i (إبراهيم الرفاعي), born in 1931 and martyred on October 19, 1973, was one of Egypt's most legendary and feared military commanders. As the founder and commander of Group 39 Combat Unit (المجموعة ٣٩ قتال)—a top-secret special forces division established in 1969 under the Egyptian Military Intelligence Directorate—El-Rifa'i played a critical role in shifting the tide of Egyptian resistance during the War of Attrition (1967–1970) and the October War of 1973. This elite unit was tasked with behind-the-lines sabotage, special reconnaissance, and psychological warfare against Israeli forces occupying Sinai. Known for his guerrilla tactics, fearlessness, and surgical precision, El-Rifa'i led 92 confirmed operations, ranging from the destruction of enemy outposts and supply lines to capturing Israeli officers and planting the Egyptian flag deep within enemy-held territory. His most iconic early mission came shortly after the martyrdom of General Abdel Moneim Riad in 1969, when he led a revenge assault that killed 44 Israeli soldiers, seized their stronghold, and raised the Egyptian flag atop it—where it flew defiantly for months. Israeli generals began referring to him as “the Ghost” (الشبح), with Israeli intelligence reportedly tracking him by name and even placing a \$5 million bounty on his head. Under his leadership, Group 39 became a symbol of Egypt's strategic ingenuity and willpower. He was killed in action while leading a mission to repel a Zionist assault on Ismailia during the final days of the 1973 war. Decorated with Egypt's highest military honors, El-Rifa'i is remembered not only as a brilliant tactician but as a national hero who redefined modern Egyptian special operations and inspired generations of elite commandos.

🏆 Main Workout Breakdown Format For Time ⌚ 85 Minute Time Cap

Workout Type: Advanced Community Hero Memorial

Total Time Cap: ⌚ 85 Minutes

Time cap reflects the **depth and danger** of long-range missions conducted by Group 39, typically lasting **from 1 to 3 hours** in enemy territory.

Elite Version

▲ (Rx) Version:

1. **5K Run (w/ 20 lbs weighted vest + Egypt flag carried)**
Unity run in tribute — "We move as one, we fight as one."
2. **39 Weighted Vest Pushups (20 lbs M / 10 lbs W)**

Honoring **Group 39 Combat Unit**, the elite force founded by El-Rifa'i.

3. **25 Muscle-Ups**

Representing the **July 25, 1969** date of the unit's first mission.

4. **92 Weighted Vest Squats (20 lbs M / 10 lbs W)**

One for **every mission** successfully led by El-Rifa'i during the War of Attrition and October War.

5. **5K Run (w/ 20 lbs weighted vest + Egypt flag carried)**

The return — **no man left behind**. Matching the first run to symbolize a full-circle raid — in, strike, and out.

Scaling Version (Intermediate)

1. **3K Run (no vest)**
2. **39 Regular Pushups (unweighted or with light vest if possible)**
3. **25 Pull-Ups (or jumping pull-ups / ring rows)**
4. **92 Air Squats (add dumbbell for challenge if needed)**
5. **3K Run**

● Beginner / Team Scale (2–3 Person Team)

Divide the reps **evenly** across teammates.

- **Split the 5K** run into **relay** segments.
- Do **modified pushups, ring rows, and air squats**.
- **Support one another — just like Group 39 did.**

Why These Rep Counts?

Exercise	Reps	Symbolism
Pushups	39	For Group 39 Combat Unit
Muscle-Ups	25	For July 25, 1969 , their first recorded mission
Squats	92	For El-Rifa'i's 92 confirmed deep operations
Dual 5K Runs	10K	For unified raids : approach and exfil — silent entry, silent exit