

“Memorial Workout: “The Free Officers”

Concept:

In Commemoration of the July 23, 1952 Revolution

“Strength in unity. Power in purpose. Glory in liberation.”

Historical Reflection — July 23, 1952 - Workout Purpose:

On this proud day, **July 23**, we gather to commemorate the **1952 Revolution** — a defining moment in Egypt's modern history. We celebrate the courage of the **Free Officers Movement**, whose bold action ended monarchy, foreign domination, and social injustice.




Under the leadership of **Gamal Abdel Nasser** and **Mohamed Naguib**, Egypt rose from subjugation to sovereignty, from inherited rule to republican will. Today, we honor not only the men in uniform but also the **Egyptian people** — whose **hope, sacrifice, and unity** carried the **nation into a new era**.


As flags are raised and voices ring with pride, we remember: this revolution was not just a rejection of colonial control — it was a **rebirth of Egyptian identity, pride, and independence**.


Main Workout Breakdown Format For Time **30 Minute Time Cap**

(Rx) Version:

3 Rounds of:

- **23 Dumbbell Thrusters**
(50 lbs M / 35 lbs W)
 Represents **July 23rd**, the date the revolution began
- **19 Calories Assault Bike**
 Symbolizing **decades of unrest** from the **1919 revolution** to the 1952 uprising
- **52 Pull-Ups**
 Honoring **1952**, the year the Free Officers ended monarchy and declared the Republic

 **Total Volume:** 282 reps + 57 calories


 This is a moderate-to-high volume grind workout that reflects the sustained intensity of

Egypt's long march to sovereignty.

Scaled Version

3 Rounds of:

- **23 Dumbbell Thrusters**
(*35 lbs M / 20 lbs W*) or scale reps to 15
- **19 Calories Assault Bike**
 - ☐ *OR* 1:30 jog in place / 40 mountain climbers / air squats
- **52 Ring Rows *OR* Jumping Pull-Ups**
 - ☐ *Band-assisted pull-ups* also welcome

 This version is beginner- and community-friendly, suitable for all fitness levels while preserving the symbolism of the rep scheme.

Time Cap: 30 Minutes

This time cap:

- Encourages **efficient pacing and strategy**
 - Accommodates both **RX and scaled athletes**
 - Mirrors the **grind and persistence** needed for true transformation, as the Free Officers and the people of Egypt endured.
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