

Memorial Workout: “Kadesh”

Honoring Ramesses II and the Battle of Kadesh — 1274 BCE

♥ *A legacy of leadership, resilience, and diplomacy.*

Workout Purpose

This workout honors **Ramesses II’s courage** during the ambush at **Kadesh**, where bold leadership transformed near-defeat into a pivotal moment in Egyptian history. With **7 rounds** symbolizing Ramesses’ regrouping and the **12 reps** reflecting the date of battle (**May 12, 1274 BCE**), this WOD tests your **grit under chaos** — just as Egypt’s warriors faced 3,000 years ago.

♥ Warm-Up (10 minutes)

- 3 rounds:
 - 12 Lunges (*for May 12*)
 - 7 Push-Ups (*symbolizing the year 1274 BCE*)
 - 4 Burpees (*representing the 4 scattered divisions*)
 - 200m light jog (*Ramesses’ regrouping dash*)
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Main Workout — 🕒 For Time

Rx Version

7 Rounds (*symbolizing regrouping + leadership*)

12 Reps Each Movement (*battle date: May 12*)

- 12 **Pull-Ups** (*combat agility*)
- 12 **Back Squats** (*135 M / 95 W lbs*) — *strength of the pharaoh’s line*
- 12 **Burpees Over Bar** (*the ambush chaos*)
- 12 **Thrusters** (*135 M / 95 W lbs*) — *final push of power and unity*
- 100m Run (*reposition, react, respond*)

Then:

- **74 Sit-Ups** (*symbolizing the year 1274 BCE*)
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Scaled Version

- 5 Rounds of:
 - 12 Jumping Pull-Ups or Ring Rows
 - 12 Back Squats (95 M / 65 W)
 - 12 Burpees
 - 12 Dumbbell Thrusters (2 x 25/15 lbs)
 - 50m Run

Then:

- 50 Sit-Ups or 74 Crunches (unweighted)
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Strategy Tips

- Keep a steady rhythm — especially through burpees & thrusters
 - Squat weight should be challenging but sustainable over 7 rounds
 - Use your run to recover breath, then hit each round with intention
 - Sit-ups are the final siege — finish with dignity and fire
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Legacy & Symbolism

Though the Battle of Kadesh ended in a draw, it **stopped Hittite expansion**, and led to the **world's first peace treaty**. Ramesses II showed the world that real strength isn't only about conquering — it's about adapting, uniting, and leading.

This workout is built on **7 rounds** to symbolize the king's rallying spirit, and **12 reps per movement** to mark the historic battle on **May 12**. The **74 sit-ups** honor **1274 BCE**, when Egypt's destiny was tested and preserved.