

Memorial Workout: "Megiddo"

Honoring Thutmose III & The Battle of Megiddo – 1457 BCE

Workout Purpose

This workout pays tribute to the strategic genius of **Pharaoh Thutmose III** and Egypt's landmark victory at the **Battle of Megiddo** in **1457 BCE** — the first fully recorded battle in history. The structure reflects military endurance, bold movement through narrow terrain, and overwhelming force. Each round honors the Pharaoh's 17 campaigns that secured Egypt's dominance across the ancient Near East.

🛡️ Warm-Up (10 minutes)

- 400m light jog (*symbolizing the march through the mountain pass*)
 - 3 rounds:
 - 10 Air Squats
 - 10 Arm Circles (Forward & Back)
 - 5 Push-Ups
 - 5 Jumping Jacks
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Main Workout 🕒 For Time

Rx Version

14 Rounds + 57 Reps (*Symbolizing the year 1457 BCE*)

Each round:

- 5 Pull-Ups
- 5 Burpees Over Bar
- 5 Box Step-Overs
- 5 **Bar Power Snatches** (*135 lbs Men / 95 lbs Women*)
- 1 Shuttle Run (10m out + 10m back)

Then:

- 57 **Double Unders** or **Sit-Ups**

Scaled Version

- 3 rounds of:
 - 5 Ring Rows or Banded Pull-Ups
 - 5 Burpees
 - 5 Step-Ups
 - 5 **Bar Power Snatches** (*95 lbs Men / 75 lbs Women*)
 - 1 Shuttle Run (10m x 2)

Then:

- 57 Abmat Sit-Ups (*or Single Unders*)
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Tactical Tips

- Keep rest minimal between rounds — simulate battlefield pace
 - Use smart scaling to preserve **intensity + strategy**
 - Picture each round as a decisive strike in a larger campaign
 - Use the final 57 reps as a closing "siege" moment — **push hard**
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Legacy & Symbolism

This workout represents the brilliance of **Egypt's early military supremacy**, forged through planning, courage, and precision.

Each round reflects the might and order of Thutmose III's campaigns. The **14 rounds** represent the king's long-reaching impact, while the **57 reps** close out the memory of **1457 BCE** — a defining year in Egyptian military history.
