

AncientFit Memorial Workout Events

Workout Purpose

A tribute to the legacy of **King Narmer**, unifier of Upper and Lower Egypt and founder of the world's first centralized army. Every movement and repetition in this workout honors over **5,000 years** of strength, discipline, and sovereignty.

♥ Warm-Up (*Recommended 5–10 minutes*)

- 400m light run
- 20 air squats
- 10 push-ups
- 10 ring rows or banded pull-ups
- 20 jumping jacks
- Mobility: shoulder rolls, leg swings, wrist rotations

Main Workout – For Time 🕒 (25 Minutes Cap)

Rx (Prescribed Version)

Complete the following for time:

- 31 Double Unders
- 31 Front Squats (*135 lbs Men / 95 lbs Women*)
- 31 Burpees
- 31 Push-Ups (*With Weight Vest – 20 lbs Men / 10 lbs Women*)
- 31 Meter Sprint
- 31 Pull-Ups (*With Weight Vest – 20 lbs Men / 10 lbs Women*)
- 31 Box Jump Overs
- 31 Bar Muscle-Ups

Scaled Version

Complete the following for time:

- 31 Single Unders
- 31 Front Squats (*95 lbs Men / 75 lbs Women*)
- 31 Burpees
- 31 Push-Ups (*Bodyweight Only*)
- 31 Meter Sprint
- 31 Pull-Ups (*Bodyweight Only*)
- 31 Box Jump Overs
- 31 Abmat Sit-Ups

Tips & Modifications

- **No Weight Vest?** Do push-ups and pull-ups unweighted
- **No Bar Muscle-Ups?** Sub for Chest-to-Bar or Pull-Up + Dip Combo
- **Mobility Limitation?** Reduce volume or adjust range of motion
- **Beginner?** Cut reps to **15–20** per movement with full form

Symbolism

The number **31** represents the year **3100 BCE**, when King Narmer united Egypt and established the first formal Egyptian army. Every rep is a mark of respect to those who have defended Egypt's sovereignty from Narmer's era to today.
