

🛡️🔪 “Oct 6th Memorial Workout: “EL-SHAZLY”

🔥 Concept:

In Honor of the Heroes of October 6, 1973 War

“The Line was declared invincible. Egypt proved it breakable.”

🔥 🏛️ 📅 Historical Reflection — Oct, 6th 1973 - Workout Purpose:

The **October 6 War (1973)**, led by Chief of Staff **Saad El-Din El-Shazly**, was a **turning point in modern military history**. Egypt’s bold and brilliant Operation Badr reversed years of strategic imbalance, breaking through the Bar-Lev Line using **water pumps, infantry waves, and anti-tank battalions**.

Against all odds, the **Egyptian Army overcame Israeli technological superiority**, inflicted severe losses, and restored dignity to the Arab world. This operation — executed with **discipline, innovation, and raw bravery** — has inspired generations and remains a model of military excellence.

🏋️ Main Workout Breakdown Format For Time ⌚ 36 Minute Time Cap

Workout Type: Memorial Community Hero

Time Cap: ⌚ 36 Minutes

The number "36" honors the **hour range of the most intense operations** during the first waves of the Egyptian crossing of the Suez Canal.

▲ (Rx) Version:

- **6 Reps Muscle-Up**
- **19 Reps Back Squat** (135 lbs M / 95 lbs W)
- **73 Reps Sit-Up**
- **6 Reps Muscle-Up**
- **19 Reps Overhead Squat** (135 lbs M / 95 lbs W)
- **73 Reps Double Unders**
- **6 Reps Muscle-Up**
- **19 Reps Front Squat** (135 lbs M / 95 lbs W)
- **73 Reps Burpees**

Complete all in order **for time**, with a **36-minute time cap**.
If unfinished, record completed reps.

Scaled Version (for beginners, youth, or limited access gyms)

- **6 Jumping Muscle-Ups** (or **6 Ring Rows** for beginners)
- **19 Reps Back Squat** (*95 lbs M / 65 lbs W*)
- **73 Reps Sit-Up**
- **6 Jumping Muscle-Ups**
- **19 Reps Overhead Squat** (*PVC pipe or empty bar if needed*)
- **73 Reps Single Unders (x2 = 146 total)**
- **6 Jumping Muscle-Ups**
- **19 Reps Front Squat** (*95 lbs M / 65 lbs W*)

73 Reps Burpees (step-back if needed)

Workout Symbolism

- **6 / 19 / 73** — October 6, 1973
➡ Reflecting the **date of Egypt's crossing and victory** over the Bar-Lev Line.
- **Muscle-Ups** — Represent the **initial breach** and elite forces overcoming fortified lines.
- **Squats** — Symbolize the **ground forces and armored divisions** advancing inland.
- **Sit-Ups / Double Unders / Burpees** — Reflect **endurance, intensity, and national will**.

In Honor of Egypt's Finest

To **General El-Shazly**, the Egyptian Armed Forces, and every man and woman who contributed to the success of 1973 — we honor you.

Your courage lives in our freedom.

Your strategy lives in our strength.

Your spirit lives in this generation.