

Memorial Workout: NEFERTARI

"Mistress of the Two Lands"

Date: November 12 (Anniversary of the discovery of her tomb QV66 in the Valley of the Queens)

Category: Elite Memorial Challenge

Time Cap: 90 minutes

Main Workout 🕒 For Time:

Rx (Elite):

- 19 **Ring Muscle-Ups**
- **12K Run** – as a *Unity Run* with the **Egyptian flag carried** throughout
- 19 **Ring Muscle-Ups**

Workout Purpose

- **19 reps** – Honors **19th Dynasty** of Ancient Egypt, during which Nefertari ruled alongside Ramses II.
 - **12K run** – Commemorates **November 12**, the date her legendary tomb was uncovered in 1904 — a timeless discovery that brought her eternal story back to the surface.
 - **Egyptian Flag** – Symbol of national pride, resilience, and reverence for a queen who helped elevate Egypt's global stature.
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Scaled Version (Accessible)

For all fitness levels, honoring the queen's inclusive leadership:

- 19 **Pull-ups or Jumping Pull-ups**
- **5K Run or Walk** – Egyptian flag carried as a group or symbolically worn (patch, shirt, bandana)
- 19 **Pull-ups or Jumping Pull-ups**

Optional team version: alternate reps or divide the run between 2–4 athletes.

Honoring Queen Nefertari During the Event

Before the workout, hold a moment of silence and recite:

Designed By, Captain Amr Adel (Amun)

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“In the name of Nefertari — She for Whom the Sun Shines — we run with pride, we lift with strength, and we rise with purpose. May her spirit continue to inspire the strength of our women and the unity of our people.”