

Memorial Workout: “1177 – Ramses III Sea People”

In Honor of Pharaoh Ramses III and the Defeat of the Sea Peoples (1177 BCE)

♥ *Unyielding defense. Maritime might. Legacy preserved.*

Workout Purpose

The “1177” Memorial Workout honors **Pharaoh Ramses III**, who, against overwhelming odds, led Egypt through one of the most dangerous periods in its history — the invasion of the Sea Peoples. While empires crumbled, Ramses stood firm. This WOD reflects the **ambush, counterattack, and legacy of survival**, where every movement symbolizes **battle-tested strength**.

♥ Warm-Up (10–12 minutes)

- 3 Rounds:
 - 10 Air Squats
 - 10 Arm Swings + Shoulder Rotations
 - 6 Push-Ups
 - 6 Ring Rows or Rope Pulls
 - 250m Row or 200m Jog
 - Clean & Jerk technique work with empty bar
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Main Workout – 🕒 For Time

Rx Version

“The Delta Stand” — A Three-Phase Battle for Egypt’s Wrath

Phase I – The Front Line Hold

- **1177 ft Front-Rack Dumbbell Walking Lunges**
(50 lb DBs Men / 35 lb DBs Women)
(One foot for each year from the invasion to the modern day — every step a defense of the homeland)

✕ *Phase II – The Counterattack*

3 Rounds of:

- 12 **Clean & Jerks** (135 M / 95 W lbs) — *explosive retaliation*
 - 500m **Row** — *chaotic sea and river battle*
 - 15 **GHD Sit-Ups** — *core = cultural strength and survival*
 - 1 **Rope Climb per round (total 3)** — *ambush, escape, and regrouping*
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Phase III – Final Push to Victory

- 1177 ft **Front-Rack Dumbbell Walking Lunges (again)**
(Same load — *restoring Egypt's strength and sovereignty after battle*)
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Scaled Version

Lunge Distance

- Reduce to 600–800 ft per phase, as needed

Modified Movements

- Rope Climbs → 6 Rope Pulls or 3 Ring Rows total
 - Clean & Jerks: 95 M / 65 W lbs
 - Row: 300m per round
 - GHD Sit-Ups → 15 Abmat Sit-Ups or Crunches
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Tactical Strategy

- Break lunges into 100–200 ft segments with quick shakes/rests
 - Focus on efficiency during rope climbs — use legs!
 - Clean & Jerks: Drop and reset to maintain form and intensity
 - Keep a consistent row pace — don't spike your heart rate
 - Visualize your second round of lunges as the **final push through chaos**
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Legacy & Symbolism

In **1177 BCE**, Ramses III didn't just win a battle — he preserved a civilization.

- **1177 ft Lunges (x2)** = Holding the line, then restoring the land
- **Clean & Jerks** = Blows struck by trained warriors
- **Rowing** = Naval might and delta warfare
- **GHD Sit-Ups** = Cultural resilience and temple strength
- **Rope Climbs** = Chaos, escape, and rallying for the final strike

♥ May this challenge awaken the **unyielding defender in all of us**.

Glory to Ramses III — Guardian of Egypt, Hero of the Delta.