

Memorial Workout: “URABI”

Concept:

Commemorating the Egyptian Resistance from 1882 to 1952

“You cannot extinguish the will of a people who demand to stand free.”

Historical Reflection – 1882–1952 - Workout Purpose:


The Urabi Workout is a tribute to **70 years of defiance**. From Urabi’s **battlefield courage** to **Saad Zaghloul’s leadership in revolution**, and the unwavering energy of Egypt’s workers, students, and women — this workout reflects a people who would not kneel. Even after partial independence in 1922, the flame burned until Egypt finally cast off foreign control in 1952.

Each burpee represents resistance. Each lift echoes uprising. Each step honors the courage to endure until freedom rang.

Main Workout Breakdown Format: Pyramid **For Time**

(Rx) Version:

Part I – “The Uprising”

 *For Time – 20-minute Time Cap*

Descending ladder representing the escalating resistance against imperial power:

- **40 reps** Alternating Dumbbell Snatches (*50 lbs M / 35 lbs W*)
- **40 reps** Burpees
- **30 reps** Alternating Dumbbell Snatches
- **30 reps** Burpees
- **20 reps** Alternating Dumbbell Snatches
- **20 reps** Burpees
- **10 reps** Alternating Dumbbell Snatches
- **10 reps** Burpees

Rep Scheme (40-30-20-10) symbolizes the 4 phases of colonial pushback:

1882 (Urabi Revolt) → 1919 (Revolution) → 1922 (Partial Independence) → 1952 (Liberation)

Rest 5 Minutes

Part II – “Unbreakable”

 15-Minute AMRAP (As Many Rounds As Possible)

- **5 Rings Muscle-ups**
- **100 Meter Run**

Symbolizing the relentless endurance of the Egyptian people who refused to rest until full independence was achieved.

Scaled Version

Part I – Scaled Version (For Time – 20-Min Time Cap)

- **40 reps** Alternating Dumbbell Snatches (*35 lbs M / 20 lbs W*)
- **40 reps** Up-Downs (no push-up burpee)
- **30 reps** Dumbbell Snatches
- **30 reps** Up-Downs
- **20 reps** Dumbbell Snatches
- **20 reps** Up-Downs
- **10 reps** Dumbbell Snatches
- **10 reps** Up-Downs

Modify weight or reduce to step-back burpees for accessibility

Part II – Scaled AMRAP (15 min)

- **5 Jumping Pull-Ups or Ring Rows** (*in place of muscle-ups*)
- **100 Meter Jog or 50 Jumping Jacks**

Alternative for running: Air Bike or March in Place
