

E “Memorial Workout: “AIN JALUT – The Line That Held”

Commemorating the Victory Over the Mongol Invasion – 1260 CE

Concept:

A **Pyramidal Rep Scheme** symbolizes the uphill battle against the Mongol threat and the eventual pushback that sent them retreating. This style mirrors the rising momentum and sudden tactical strike that turned the tide at Ain Jalut.

Main Workout Format: Pyramid For Time

Perform the following exercises in a **ladder-style pyramid**:

- **Reps:** 5 → 10 → 15 → 20 → 15 → 10 → 5
- Complete each round of all 3 movements before increasing/decreasing reps

(Rx) Version:

1. **Bar Overhead Walking Lunges** (135 M / 95 W lbs)
 - Controlled forward movement under pressure; strength through posture
2. **Barbell Bench Press** (135 M / 95 W lbs)
 - Represents defense and power behind the line — pushing back against force
3. **Leg Raises**
 - Core strength and resilience; rise above the ground, rise to meet the enemy

Rep Flow Example:


- **Round 1:** 5 OH Lunges (each leg) → 5 Bench Press → 5 Leg Raises
 - **Round 2:** 10 each
 - **Round 3:** 15 each
 - **Round 4 (Peak):** 20 each
 - **Round 5:** 15 each
 - **Round 6:** 10 each
 - **Round 7:** 5 each
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Scaled Version (Accessible)

- **OH Lunges** → Use Dumbbells or reduce bar weight (e.g., 95/65 lbs)
 - **Bench Press** → Use lighter bar or substitute with push-ups
 - **Leg Raises** → Perform bent-knee raises or floor sit-ups
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Symbolism & Historical Reflection:

- **Pyramid Structure** = The rise, peak, and return of the battle effort at Ain Jalut
- **OH Lunges** = Endurance of marching warriors bearing arms under heavy load
- **Bench Press** = The powerful "push" that repelled the Mongol tide
- **Leg Raises** = The spiritual and physical elevation of Egypt's people and army

 *Each rep is a vow never to yield. Each round a reminder that discipline, strategy, and unity can defeat even the fiercest force in history.*