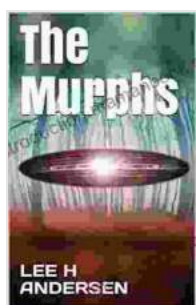


# The Murph: The Ultimate Test of CrossFit Endurance

The Murph is one of the most famous and challenging CrossFit workouts. It's a grueling test of endurance and strength, and it's not for the faint of heart. In this article, we'll take a closer look at the Murph, including its history, how to do it, and the benefits it can offer.



## The Murphs by Lee H Andersen

★★★★★ 5 out of 5

Language : English  
File size : 3293 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 17 pages



## History of the Murph

The Murph was created by CrossFit founder Greg Glassman in honor of Navy Lieutenant Michael Murphy, who was killed in Afghanistan in 2005. Murphy was a CrossFit athlete, and Glassman created the workout as a way to honor his memory and to challenge CrossFitters to push themselves to their limits.

The Murph has become one of the most popular CrossFit workouts in the world. It's often used as a benchmark workout to track progress over time. The Murph is also a popular choice for fundraising events. In 2020, the

CrossFit community raised over \$1 million for the Navy SEAL Foundation through the Murph Challenge.

## **How to Do the Murph**

The Murph is a timed workout that consists of the following exercises:

\* 1 mile run \* 100 pull-ups \* 200 push-ups \* 300 squats \* 1 mile run

The workout is typically performed with a 20-pound weighted vest. The time to beat is 30 minutes for men and 35 minutes for women.

To do the Murph, start by running 1 mile. Then, do 100 pull-ups, 200 push-ups, and 300 squats. Finally, run another 1 mile.

The Murph is a challenging workout, but it's also a rewarding one. If you're looking for a way to push yourself to your limits, the Murph is the perfect workout for you.

## **Benefits of the Murph**

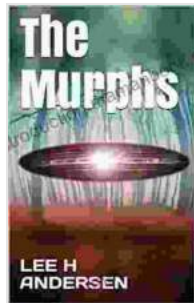
The Murph is a great workout for building endurance, strength, and cardiovascular fitness. It's also a great way to challenge yourself and to see how far you can push yourself.

In addition to the physical benefits, the Murph can also provide some mental benefits. It can help you to build confidence and to learn how to overcome challenges.

If you're new to CrossFit, it's important to start slowly and to work your way up to the Murph. Don't try to do the full workout all at once. Start by ng a

few rounds of the exercises and gradually increase the number of rounds over time.

The Murph is a challenging workout, but it's also a rewarding one. If you're looking for a way to push yourself to your limits, the Murph is the perfect workout for you.



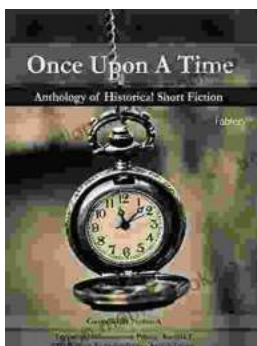
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