

JOIN US FOR THE 4TH ANNUAL COMMUNITY WOD!

★ MEMORIAL DAY MURPH ★

MURPH IS:

HARDWODDERHARDWODDERHARDWODDERHARDWODDER

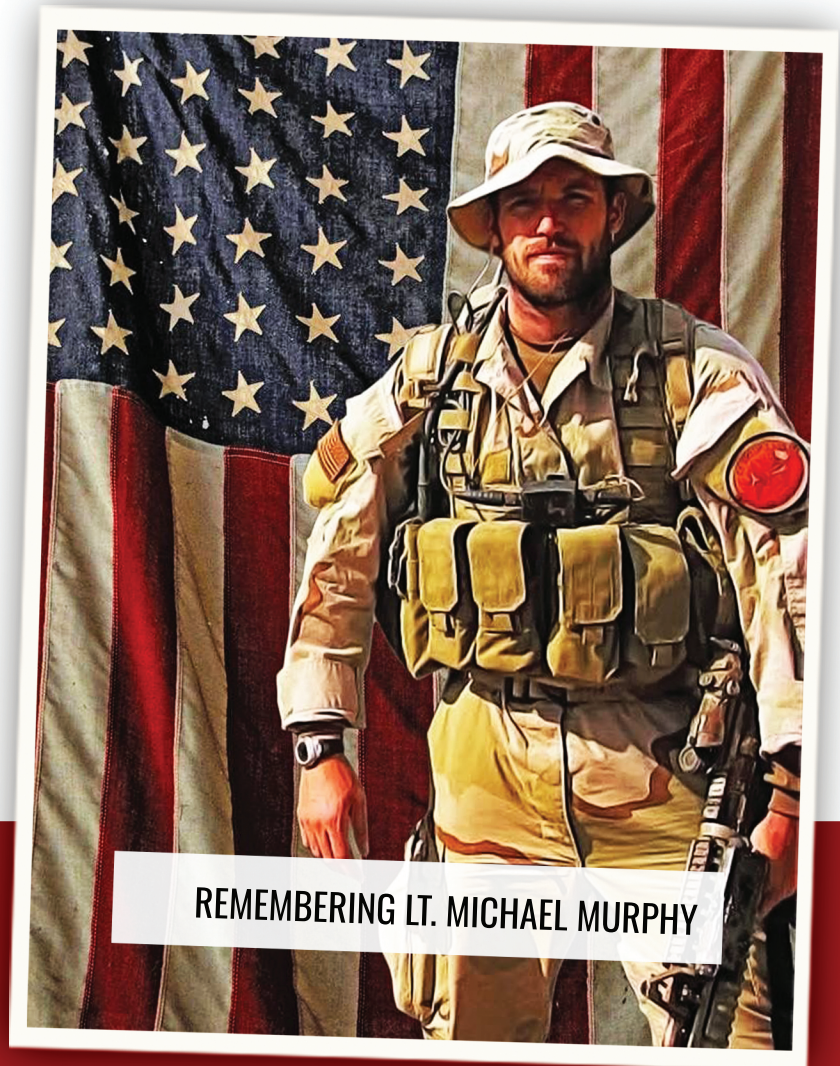
- 1 MILE RUN
- 100 PULL-UPS
- 200 PUSH - UPS
- 300 AIR SQUATS
- 1 MILE RUN

*RX THE WOD WEARING A 14/20 LB VEST

FOR MORE INFO



SCAN ME



JOIN.HARDWODDERONE.COM/MURPH



IN
PARTNERSHIP
WITH



JOIN US @7:30AM MONDAY MAY 26TH IN HONOR OF THE 19 MEN OF RED WINGS
AT THE ANTHEM COMMUNITY CENTER