

JOIN US FOR THE 3RD ANNUAL COMMUNITY WOD!

★ MEMORIAL DAY MURPH ★

AT THE ANTHEM COMMUNITY CENTER

MURPH IS:

HARDWODDERHARDWODDERHARDWODDERHARDWODDER

1 MILE RUN

100 PULL-UPS

200 PUSH - UPS

300 AIR SQUATS

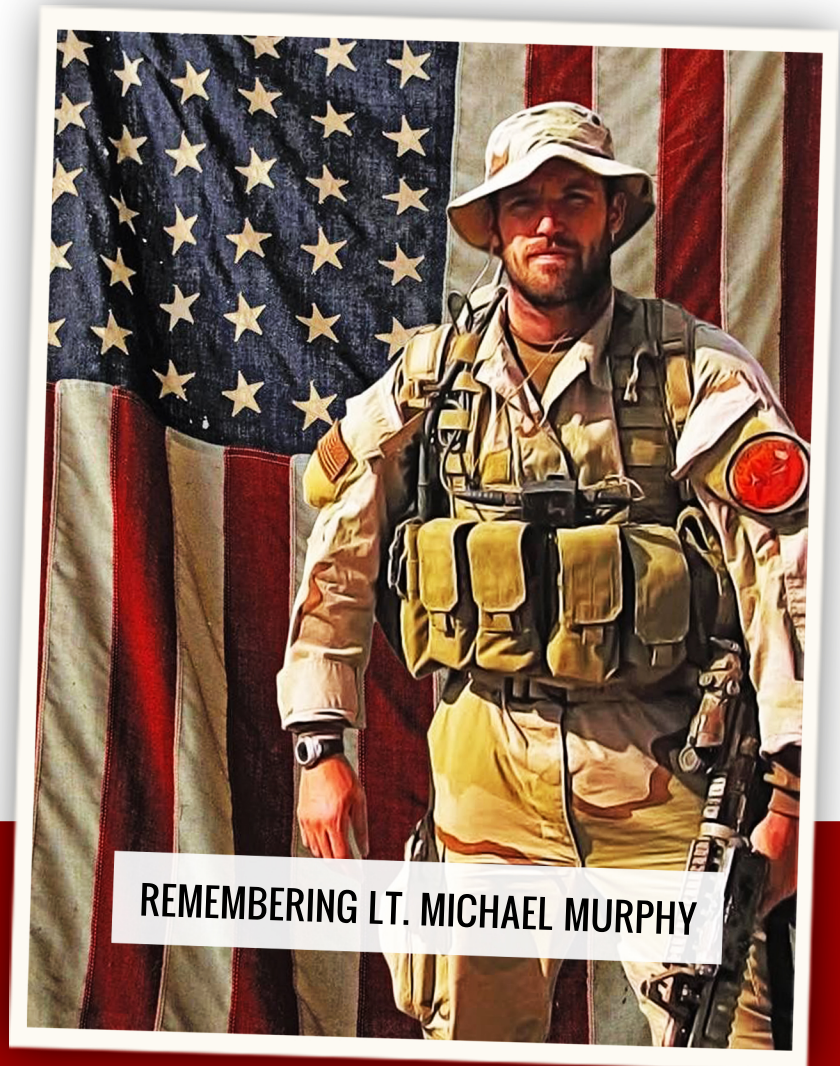
1 MILE RUN

*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 27TH IN HONOR OF THE 19 MEN OF RED WINGS
AT THE ANTHEM COMMUNITY CENTER