



MURPH CHALLENGE

MAY 21, 9 AM-NOON
LEWIS NORTH
ATHLETIC COMPLEX

MAY 21, 3 PM-UTC
FITNESS
ASSESSMENT CELL



The Murph Challenge is a grueling fitness event held in honor of Lt. Michael P. Murphy.

It consists of a 1-mile run, 100 pull-ups, 200 push-ups, 300 air squats and ends with a 1-mile run.

If you have a weighted vest, bring it!



Medal of Honor Recipient
Lt. Michael Murphy

Register:

