

CAN YOU HANDLE IT?

Enjoy camaraderie while testing your strength and endurance. All participants can enter to win prizes! Open to all authorized patrons and all ability levels. No registration required.

THE MURPH CHALLENGE

2022 *#takethechallenge*



MCAS Beaufort HITT Facility
0700/1100/1200
25 May

Join MCAS Beaufort MCFTB for
the 2022 "MURPH" Challenge!

For more information:
sc.bft.mcftb@usmc-mccs.org
843.228.6141

THE "MURPH" WOD

1 MILE RUN.

100 PULLUPS.

200 PUSHUPS.

300 SQUATS.

1 MILE RUN.

...IN A 20 LB VEST OR
BODY ARMOR (not required)



Shadow Moss by
Centex



MC^{CS}
MARINE CORPS
FAMILY TEAM BUILDING

MC^{CS}
SEMPER FIT

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