



ONEIDA FAMILY

FITNESS

*New Year's Day Workout*  
2025

**Complete the "Murph" with us!**

**January 1st at 9 am**

Make it your own!

Completion based at your own pace

Beginner-Advanced

Modifications and breakdown of reps offered

25 participant max

Must pre-register

**FREE T Shirt for first 25 signed up**  
**Names and sizes will be recorded on the day**

Are you up for the challenge?

Start 2025 off STRONG!

Sign Up at O.F.F.



# Oneida Family Fitness Murph Workout

## Format for total reps:

1. One mile run/walk

### Modifications:

- 3 miles on a stationary bike
- 15 minutes on any other piece of cardio equipment

2. 100 pull ups

### Modifications:

- TRX rows
- assisted pull up machine or bands
- inverted row using barbell and squat rack or yellow dip bar

3. 200 push ups

### Modifications:

- knees
- wall
- elevated/incline

4. 300 body weight squats (any stance)

5. Repeat cardio—with modifications if needed

## Rep Breakdown Examples (Includes any of the above modifications):

20 rounds:

- 5 pull ups
- 10 push ups
- 15 squats

10 rounds:

- 10 pull ups
- 20 push ups
- 30 squats