

# WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
MINUTE	E2MOM 24 / Repeat x 2		E2MOM 30 / Repeat x 2		E2MOM 18 / Repeat x 2			
0-2	1 Pull-ups + 2 Push-ups + 3 Squats	Choose 1 or 2 of these options: A Run 1-3 miles B Mobility C Rest (or make up Monday)	1 Pull-ups + 2 Push-ups + 3 Squats	Choose 1 or 2 of these options: A 45 minute Ruck (weighted walk) B Mobility C Rest (or make up Wednesday)	1 Pull-ups + 2 Push-ups + 3 Squats	A	A	
2-4	2 Pull-ups + 4 Push-ups + 6 Squats		2 Pull-ups + 4 Push-ups + 6 Squats		2 Pull-ups + 4 Push-ups + 6 Squats	2 Pull-ups + 4 Push-ups + 6 Squats	Make up Tuesday / Thursday or	Make up Tuesday / Thursday or
4-6	3 Pull-ups + 6 Push-ups + 9 Squats		3 Pull-ups + 6 Push-ups + 9 Squats		3 Pull-ups + 6 Push-ups + 9 Squats	3 Pull-ups + 6 Push-ups + 9 Squats	B	B
6-8	4 Pull-ups + 8 Push-ups + 12 Squats		4 Pull-ups + 8 Push-ups + 12 Squats		4 Pull-ups + 8 Push-ups + 12 Squats	4 Pull-ups + 8 Push-ups + 12 Squats	Rest	Rest
8-10	*****		5 Pull-ups + 10 Push-ups + 15 Squats		5 Pull-ups + 10 Push-ups + 15 Squats	*****		

# WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
MINUTE	E2MOM 30 / Repeat x 2		E2MOM 36 / Repeat x 2		E2MOM 24 / Repeat x 2			
0-2	1 Pull-ups + 2 Push-ups + 3 Squats	Choose 1 or 2 of these options: A Run 1-3 miles B Mobility C Rest (or make up Monday)	1 Pull-ups + 2 Push-ups + 3 Squats	Choose 1 or 2 of these options: A 45 minute Ruck (weighted walk) B Mobility C Rest (or make up Wednesday)	1 Pull-ups + 2 Push-ups + 3 Squats	A	A	
2-4	2 Pull-ups + 4 Push-ups + 6 Squats		2 Pull-ups + 4 Push-ups + 6 Squats		2 Pull-ups + 4 Push-ups + 6 Squats	2 Pull-ups + 4 Push-ups + 6 Squats	Make up Tuesday / Thursday or	Make up Tuesday / Thursday or
4-6	3 Pull-ups + 6 Push-ups + 9 Squats		3 Pull-ups + 6 Push-ups + 9 Squats		3 Pull-ups + 6 Push-ups + 9 Squats	3 Pull-ups + 6 Push-ups + 9 Squats	B	B
6-8	4 Pull-ups + 8 Push-ups + 12 Squats		4 Pull-ups + 8 Push-ups + 12 Squats		4 Pull-ups + 8 Push-ups + 12 Squats	4 Pull-ups + 8 Push-ups + 12 Squats	Rest	Rest
8-10	5 Pull-ups + 10 Push-ups + 15 Squats		5 Pull-ups + 10 Push-ups + 15 Squats		5 Pull-ups + 10 Push-ups + 15 Squats	*****		
10-12	*****	6 Pull-ups + 12 Push-ups + 18 Squats	6 Pull-ups + 12 Push-ups + 18 Squats	*****				

# WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN	
MINUTE	E2MOM 32 / Repeat x 3		E2MOM 40 / Repeat x 3		E2MOM 24 / Repeat x 3			
0-2	1 Pull-ups + 2 Push-ups + 3 Squats	Choose 1 or 2 of these options: A Run 1-3 miles B Mobility C Rest (or make up Monday)	1 Pull-ups + 2 Push-ups + 3 Squats	Choose 1 or 2 of these options: A 45 minute Ruck (weighted walk) B Mobility C Rest (or make up Wednesday)	1 Pull-ups + 2 Push-ups + 3 Squats	A	A	
2-4	2 Pull-ups + 4 Push-ups + 6 Squats		2 Pull-ups + 4 Push-ups + 6 Squats		2 Pull-ups + 4 Push-ups + 6 Squats	2 Pull-ups + 4 Push-ups + 6 Squats	Make up Tuesday / Thursday or	Make up Tuesday / Thursday or
4-6	3 Pull-ups + 6 Push-ups + 9 Squats		3 Pull-ups + 6 Push-ups + 9 Squats		3 Pull-ups + 6 Push-ups + 9 Squats	3 Pull-ups + 6 Push-ups + 9 Squats	B	B
6-8	4 Pull-ups + 8 Push-ups + 12 Squats		4 Pull-ups + 8 Push-ups + 12 Squats		4 Pull-ups + 8 Push-ups + 12 Squats	4 Pull-ups + 8 Push-ups + 12 Squats	Rest	Rest
8-10	*****		5 Pull-ups + 10 Push-ups + 15 Squats		5 Pull-ups + 10 Push-ups + 15 Squats	*****		

Working on your Mobility?  
Scan here for the Murph Mobility Routine



# CPM FITNESS 3-WEEK PROGRAM 2024 MURPH RAMP UP