

CROSSFIT M2  
STRENGTH & CONDITIONING

M

2

FINDLAY, OHIO



# MAY 2016

MONTHLY NEWSLETTER





# WHEN, WHAT & WHO IS MURPH?

## MURPH WOD: May 28th at 9:30am and a Paleo friendly Potluck to follow at 12pm.

"Murph" is a CrossFit Hero WOD named after Navy Lieutenant Michael Murphy, who was killed in Afghanistan June 28th, 2005. He was 29, of Patchogue, N.Y. Lt Murphy was awarded the Congressional Medal of Honor after his death. The workout first appeared on the CrossFit.com Website on August 18th, 2005.

In honor of "Murph" and to support our emergency responders and Hancock County, we ask you invite any and all military, police officers, fire fighters and EMT you know to workout with us for free.

The department, station, or office that has the most people show up, CrossFit M2 will donate the entire department a catered lunch from Bellacino's Findlay.

This will be a free event, so please invite friends or family to "Murph" with you, or just invite them to come watch and support you. I highly encourage you to watch the movie *Lone Survivor* the night before performing "Murph." It will give you a different mindset while doing the WOD.

We love making a real impact in our community and watching our hard work benefit Findlay and Hancock County.

\*Please bring a Paleo friendly dish to share for a post "Murph" fun and games hang out at CrossFit M2.







# WHEN, WHAT & WHO IS MURPH?

## Murph Workout RX Version

For time:  
 1 mile Run  
 100 Pull-ups  
 200 Push-ups  
 300 Squats  
 1 mile Run

If you have a 20lb vest or body armor, wear it.



## Scaled Version 2

For Time:  
 800m Run  
 50 Pull Ups/Ring Rows  
 100 Push Ups  
 150 Squats  
 800m Run

## Scaled Version 3

For Time:  
 400m Run  
 25 Pull Ups/Ring Rows  
 50 Push Ups  
 75 Squats  
 400m Run

## Scaled Version 4

200m Run  
 15 Pull Ups/Ring Rows  
 25 Push Ups  
 40 Squats  
 200m Run





# JUNE IS MEMBER APPRECIATION MONTH

## Week 1

(June 5 - 11th)

Vote to thank your fellow athletes: “ Best Athlete to turn around your mood” The winner will get to work along side Coach Eric to program a WOD during the week of June 12th.

**Challenge:** Find an interesting place to do a handstand. Take a picture of yourself doing a freestanding or against an object and post yourself using our official challenge hashtag. Photos must be post by June 11th, challenge ends June 11th.

Use #ILoveCrossFitM2

The photo that gets the most likes, comments, and shares will win a free CrossFit M2 hoodie!







# JUNE IS MEMBER APPRECIATION MONTH

## Week 2

(June 12 - 18)

Vote to thank your fellow athletes: “Most Inspiring Athlete”  
The winner will get to work along side Coach Eric to program a  
WOD during the week of June 19th!

**Challenge:** Overhead Squat with an interesting object and post  
yourself using our official challenge hashtag.

The photo that gets the most likes, comments, and shares will win  
a Bag of Progenex Protein!

Use #ILoveCrossFitM2

Photo must be posted by June 18th, challenge ends June 18th.





# JUNE IS MEMBER APPRECIATION MONTH

## Week 3

(June 19 - 25)

**Vote to thank your fellow athletes:** “Class Clown”

The winner will get to work along side Coach Eric to program a WOD during the week of June 26th.

**Challenge:** Submit a photo of you wearing one of your favorite CrossFit M2 Tee's while your out in the world doing your daily adventures, and post yourself with our official challenge hashtag. The photo that gets the most likes, comments, and shares will win A FREE T-Shirt. Use #ILoveCrossFitM2

Photo must be submitted by June 25th, challenge ends June 25th

Community Event: June 26th at 11am, “Michael's Meditation”, “Wim Hof” style.

Minimum of 5 people to register for this to host this event. Sign up at M2!







# JUNE IS MEMBER APPRECIATION MONTH

## Week 4

(June 26 - 30)

**Vote to thank your fellow athletes:** "The pusher, who brings out your competitive side"

The winner will get to work along side Coach Eric to program a WOD during the week of June 26th.

**Challenge:** Post and share a 15 second video of what you love most about CrossFit M2 to your Facebook account, each video will be re-shared by our official account. The video that gets the total most comments, likes, and shares will win 25% off of their next months membership. Use #ILoveCrossFitM2 for video submission.





# JUNE IS MEMBER APPRECIATION MONTH

## Rules & Details

**\*Weekly Voting:** Every Monday during June our official Facebook page will post a question about your fellow Firebreathers. Vote for the member you think matches those qualities by commenting on the post. The winner will receive a free CFM2 T-Shirt & will help create the following weeks WOD with Coach Eric.

**\*Weekly Challenges:** ALL will be re posted on our official Facebook account for voting. The one with the most votes combined of likes, comments, and shares will WIN... go ahead, feel free to campaign for yourself through your own social media, the gym and our Facebook page. Be sure to use the official #ILoveCrossFitM2 listed under each weeks challenge description.







# EXTRA SPECIAL EVENTS

## Bring a Friend Week (June 19 - 25th)

We invite you to bring a friend along to any class you choose, we just ask that you arrive a little earlier than normal to ensure they have an account created & have a waiver signed. You may invite the same friend to come all week long if you choose, or bring a different friend each day.

## Pool Party (July 23rd)

Following our Saturday WOD on July 23rd, we will jump into the pool at 2pm and we invite you to bring your family and friends. We ask that you please bring something to toss on the grill, a side dish, beverage or desert to share. Paleo or non Paleo friendly, whatever works.

Oh and hey, remember those Friends you brought during Bring a Friend week? Go ahead and invite them too!

Hosted at Lakeview Pool, starts at 2pm, Pool WOD at 4pm,  
Snacks in clubhouse 5-7pm, party last until 12 midnight.  
B.Y.O.B



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LEARN WITH US**



**@CROSSFITM2**