



# MEMORIAL DAY HERO CHALLENGE HERO WORKOUTS

Participants will select a workout to complete at the Memorial Day Hero Challenge. Workouts can also be completed on participants' own time if they are unable to attend the event.

Workouts have been given a level (beginner, intermediate, or advanced), but all workouts can be modified to meet any ability or skill level. Participants are more than welcome to wear weight vests or body armor.

All proceeds from the Memorial Day Hero Challenge will go towards providing veteran programming.



# **`MURPH`**

**In honor of Navy Lieutenant  
Michael Murphy**

**LEVEL: ADVANCED\***

**1 mile run**

**100 pull-ups**

**200 push-up**

**300 squats**

**1 mile run**

**\*All workouts can be modified to meet any  
ability or skill level.**

Navy Lieutenant Michael Murphy was killed in Afghanistan on June 28, 2005, at age 43. He was awarded the U.S. military's highest decoration, the Medal of Honor, for his actions during the War in Afghanistan, and was the first member of the United States Navy to receive the award since the Vietnam War.

This workout was one of Michael Murphy's favorites, and it now honors the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.



# **'JERRY'**

**In honor of U.S. Army Sgt.  
Jerry Dwayne Patton**

**LEVEL: BEGINNER\***

**1 mile run**

**2K row**

**1 mile run**

**\*All workouts can be modified to meet any  
ability or skill level.**

U.S. Army Sgt. Jerry Dwayne Patton died on October 15, 2008, during High Altitude High Opening (HAHO) training at the age of 40. He was assigned to Army USSOCOM and was preparing for deployment to Afghanistan.

Patton is survived by his wife, Molly, and his sons, Chad, Cody, Chase, and Connor.



## **`BRENTON`**

**In honor of Field Training Officer  
Timothy Quinn Brenton**

**LEVEL: BEGINNER\***

**5 rounds:**

**100 ft bear crawl**

**100 ft standing broad-jump**

**\*All workouts can be modified to meet any  
ability or skill level.**

Field Training Officer Timothy Quinn Brenton of the Seattle Police Department was shot and killed in a drive-by shooting while on duty on October 31, 2009. Brenton was 39 years old.

Brenton is survived by his wife, Lisa; son, Quinn; and daughter, Kayleigh.



## **`BRADLEY`**

**In honor of U.S. Air Force Senior Airman  
Bradley R. Smith**

**LEVEL: INTERMEDIATE\***

**10 rounds:**

**100 meter sprint**

**10 pull-ups**

**100 meter sprint**

**10 burpees**

**30 second rest**

*\*All workouts can be modified to meet any  
ability or skill level.*

U.S. Air Force Senior Airman Bradley R. Smith of Troy, Illinois, assigned to the 10th Air Support Operations Squadron, based in Fort Riley, Kansas, was killed on January 3, 2010, by an improvised explosive device in Zhari District, Kandahar Province, Afghanistan. Smith was 24 years old.

Smith is survived by his wife, Tiffany; daughter, Chloe; parents, Gary and Paula; and brother, Ryan.



## **‘JARED’**

**In honor of U.S. Army Master Sgt.  
Jared N. Van Aalst**

**LEVEL: ADVANCED\***

**4 rounds:**

**800 meter run**

**40 pull-ups**

**70 push-ups**

*\*All workouts can be modified to meet any ability or skill level.*

U.S. Army Master Sgt. Jared N. Van Aalst of Laconia, New Hampshire, assigned to the U.S. Army Special Operations Command, based in Fort Bragg, North Carolina, died on August 4, 2010, in Kunduz Province, Afghanistan, of wounds suffered while his unit was conducting combat operations. Aalst was 34 years old.

Aalst is survived by his wife, Katie; his daughters, Kaylie and Ava; and a posthumous son, Hugh Jared.



## **`LOREDO`**

**In honor of U.S. Army Staff Sgt.  
Edwardo Loredo**

**LEVEL: INTERMEDIATE\***

**6 rounds:**

**24 squats**

**24 push-ups**

**24 walking lunge steps**

**400 meter run**

*\*All workouts can be modified to meet any ability or skill level.*

U.S. Army Staff Sgt. Edwardo Loredo of Houston, Texas, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, was killed on June 24, 2010, in Jelewar, Afghanistan, when insurgents attacked his unit with an improvised explosive device. Loredo was 34 years old.

Loredo is survived by his wife, 1st Sgt. Jennifer Loredo; daughter, Laura Isabelle; stepdaughter, Alexis; and son, Eddie Enrique.



## **`RILEY`**

**In honor of U.S. Army Sgt. 1st Class  
Riley G. Stephens**

**LEVEL: INTERMEDIATE\***

**1.5 mile run**

**150 burpees**

**1.5 mile run**

*\*All workouts can be modified to meet any ability or skill level.*

Army Sgt. 1st Class Riley G. Stephens of Tolar, Texas, assigned to the 1st Battalion, 3rd Special Forces Group (Airborne), died September 28, 2012, in Wardak, Afghanistan, of wounds caused by enemy small-arms fire. Stephens was 39 years old.

Stephens is survived by his wife, Tiffany; three children, Austin, Morgan and Rylee Ann; parents, Michael and Joann; brother, Ken; and a number of additional family members.





## **‘RENÉ’**

**In honor of Danish Army Sgt.  
René Brink Jakobsen**

**LEVEL: INTERMEDIATE\***

**7 rounds:**

**400 meter run**

**21 walking lunges**

**15 pull-ups**

**9 burpees**

*\*All workouts can be modified to meet any ability or skill level.*

Danish Army Sgt. René Brink Jakobsen of Vang, Denmark, died January 3, 2013, after being hit by an improvised explosive device while on foot patrol with his unit in Upper Gereshk Valley in Helmand Province, Afghanistan. The 39 year old was a member of the elite Danish Special Forces Ranger unit called Jaegerkorpet.

Jakobsen is survived by his wife, Camilla; three children, Mie, Sara and Thor; and many loving relatives and friends.



# **`TERRY`**

**In honor of D.E.A. Special Agent  
James `Terry` Watson**

**LEVEL: INTERMEDIATE\***

**1 mile run**

**100 push-ups**

**100 meter bear crawl**

**1 mile run**

**100 meter bear crawl**

**100 push-ups**

**1 mile run**

*\*All workouts can be modified to meet any ability or skill level.*

Drug Enforcement Administration Special Agent James "Terry" Watson of Holly Ridge, Louisiana, was killed during a robbery attempt in Bogotá, Colombia, on June 20, 2013. Prior to his 13 years of service with the D.E.A., Special Agent Watson worked for the U.S. Marshal's Service and served in the U.S. Army. Watson was 43 years old.

Watson is survived by his wife, Fadia Margarita De La Rosa; father, Paul, and his wife, Linda; mother, Henrietta; brother, Scott; and numerous other family members and friends.



## **`EMILY`**

In honor of Second Lt.  
Emily Jazmin Tatum Perez

**LEVEL: INTERMEDIATE\***

**10 rounds:**

**30 double-unders (jump rope)**

**15 pull-ups**

**30 squats**

**100 meter sprint**

**2 minute rest**

\*All workouts can be modified to meet any ability or skill level.

Second Lt. Emily Jazmin Tatum Perez, 23, was killed on September 12, 2006, when her Humvee was struck by an improvised explosive device as she was leading a convoy through Al Kifl, Iraq. She served in the 204th Support Battalion, 2nd Brigade, 4th Infantry Division of the U.S. Army. Perez was the first female African-American officer in U.S. military history to die in combat and the first female West Point graduate to die in the Iraq War.

She is survived by her parents, Daniel and Vicki; brother, Kevyn; and many classmates and friends.



## **`COFFLAND`**

**In honor of U.S. Army Spc.  
Christopher J. Coffland**

**LEVEL: INTERMEDIATE\***

**6 minute hang from pull-up bar**

**Each time you drop, perform:**

**800 meter run**

**30 push-ups**

*\*All workouts can be modified to meet any ability or skill level.*

U.S. Army Spc. Christopher J. Coffland, 43, of Baltimore, Maryland, died Nov. 13, 2009, in Wardak province, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. Coffland, who joined the Army a month before reaching the enlistment age limit of 42, was assigned to the 323rd Military Intelligence Battalion at Fort Meade, Maryland. He was deployed to Afghanistan two weeks prior to his death.

Coffland is survived by his parents, David and Toni; his sisters, Lynn, Karen and Laurie; his brother, David; and many other friends and family members.



## **`GRIFF`**

**In honor of U.S. Air Force Staff Sgt.  
Travis L. Griffin**

**LEVEL: BEGINNER\***

**800 meter run**

**400 meter run backwards**

**800 meter run**

**400 meter run backwards**

**\*All workouts can be modified to meet any  
ability or skill level.**

**In honor of U.S. Air Force Staff Sgt. Travis L. Griffin, 28, who was killed on  
April 3, 2008, in the Rasheed District of Baghdad, by an improvised  
explosive device strike to his vehicle.**

**Griffin is survived by his son, Elijah.**