



TRENDING TOPICS | SHOT SHOW | '26 ON 2026' LEADERSHIP PLAYBOOK | SHOOTING AT MOVING

First Responder Wellness Week

No gym, no problem: Building street-ready fitness anywhere

Whether you're on vacation or stuck in a snowstorm, the "Rocky Workout" and "The Murph" prove that functional strength doesn't require a monthly membership — just the will to win

December 29, 2025 11:53 AM • Lt. Dan Marcou



Photo/Dan Marcou

Those of you who work out regularly might want to consider incorporating “The Rocky Workout” into your schedule to add variety to your routine. Inspired by the “Rocky” movies, this workout allows you to change things up, take advantage of your environment or even train while on vacation.

A word of caution: Before trying this workout, you should already be running, lifting, stretching and engaging in some form of martial or defensive exercise on a regular basis.

The Rocky run (snow option)

For me, the number one cardiovascular endurance exercise has always been running. I normally run on grass and dirt trails to soften the impact. To turn an ordinary run into a “Rocky Run,” find an appropriate area covered by freshly fallen snow and run through it the way Rocky did while preparing for his fight against the fictional Ivan Drago.

Running on fresh snow is very much like running on a cushion. It can be exhilarating to move through a forest made pristine by snowfall. The only sounds you hear are the crunch of snow beneath your feet, the babbling of a creek rushing too quickly to freeze and the determined tapping of a lone woodpecker pursuing its prey.

When engaging in winter activities, dress appropriately for the weather and recognize that running in snow is physically taxing. Gauge your distance accordingly.

Rocky (8/10) Movie CLIP - Training Montage (1976) HD



The Rocky run (other options)

Even if you don't have snow, Rocky Balboa offers plenty of inspiration. Consider these alternatives:

- Running hills or steps, like the Philadelphia Museum of Art
- Running along a beach
- Running wilderness trails
- Swimming

Push-ups on the move

During your run, stop periodically to do push-ups. The total number should be based on your personal goals, with an emphasis on improvement. You can alternate between standard, knuckle and incline push-ups.

it at 22 and never stopped.

Sit-ups anywhere

Do sit-ups before, during and after your run. While running, you can stop and hook your feet under a park bench to get the job done. Again, set your total based on your own goals.



During runs, consider stopping to do some sit-ups.

Photo/Dan Marcou

Pull-ups wherever you find them

Find locations along your route to do pull-ups. I've done them from tree branches, along the Mississinni River and on monkey bars in parks across the country. Finding an actual pull-up bar

Question: Do you know the difference between a pull-up bar and a regular bar?

Answer: No tip is required and there's never a wait to be served.

Shadow fighting for technique

At any point during your workout, you can stop to engage in shadow fighting. This involves mentally picturing an attacker while defending yourself with punches, kicks, elbow strikes and palm heels. Choose a location out of public view to avoid misunderstandings.

Focus on technique and precision rather than power. Visualize vulnerable areas on an imaginary opponent your size and work for perfection in each movement.

Avoid locking out joints or striking at full power while shadow fighting, as this can lead to injury. Reserve full-contact efforts for controlled training environments.



Dumbbells as a portable weight room

Dumbbells provide a portable weight room you can use anytime and anywhere. At the beginning or end of your Rocky Workout, consider the following exercises:

- Curls
- Reverse curls
- Flys
- Upright rows
- Military press

Select a weight that allows you to complete three sets of eight repetitions for each exercise.

Music optional

Modern technology makes it easy to add music to any workout. Consider creating a “Rocky mix” to enhance the atmosphere. Music selection is entirely personal, but remain aware of your surroundings at all times.

Safety considerations

Avoid the following:

- Sensory overload from music while running in real-world environments

- Running in snow during high winds, which can cause whiteout conditions
- Running on ice

The Murph workout

For an even greater challenge, consider “The Murph.”

The Murph is named after its creator, **Navy SEAL Lt. Michael P. Murphy**, a posthumous Medal of Honor recipient. He used this workout regularly to prepare for the rigors of combat.

While wearing a 20-pound vest, complete:

- A 1-mile run
- 100 pull-ups
- 200 push-ups
- 300 squats
- A second 1-mile run



blackbirdcrossfit and murphchallenge
Coffey Anderson · Memorial Day (feat. Neal McCoy)

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What an inspiring day at Blackbird CrossFit! Today, nearly 100 Blackbirds, and their

pull-up, push-up, squat, and mile was a testament to our gratitude for the freedoms we cherish. We are truly humbled by this physical and mental test, all in remembrance of those who gave their all for our nation.

Our hearts are full of gratitude for the brave individuals who served our great nation.

#MurphChallenge #MemorialDay #NeverForget #BlackbirdCrossfit #eldersburgmd

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Why functional fitness matters

Trying a new workout can be enjoyable, but every workout a police officer performs should prepare them for the very real physical challenges they may face on the street.

Those challenges include sudden, desperate struggles in unforgiving environments against opponents who follow no rules. There are no timeouts, no referees and no second chances.

Train hard. Train regularly. Prepare yourself so that when your moment comes, you do exactly what Adrian famously told Rocky to do: "WIN!"

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First Responder Wellness Week

Fitness & Health



Lt. Dan Marcou

Lt. Dan Marcou is an internationally-recognized police trainer who was a highly-decorated police officer with 33 years of full-time law enforcement experience. Marcou's awards include Police Officer of the Year, SWAT Officer of the Year, Humanitarian of the Year and Domestic Violence Officer of the Year. Additional awards Lt. Marcou received were 15 departmental citations (his department's highest award), two Chief's Superior Achievement Awards and the Distinguished Service Medal for his response to an active shooter.

Upon retiring, Lt. Marcou began writing. He is the co-author of "[Street Survival II, Tactics for Deadly Encounters.](#)" His novels, "[The Calling, the Making of a Veteran Cop,](#)" "[SWAT, Blue Knights in Black Armor,](#)" "[Stabbed in the Heart](#)" and "[Destiny of Heaven](#)" as well as two non-fiction books "[How Do You Stay Sharp in](#)

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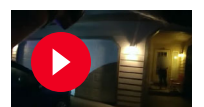
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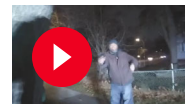
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