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My Weekday Workout: 'Attending a Class Pushes Me Past What I Could Accomplish on My Own,' Says Melissa Murphy of Freeborn & Peters

"Regular exercise helps to keep me focused, happy, and puts things in perspective."

By Tasha Norman | September 02, 2021



Melissa B. Murphy, Partner, Freeborn & Peters, Tampa, Florida.



Melissa B. Murphy, a partner with Freeborn & Peters. Courtesy photo

Melissa Murphy is a partner in the firm's litigation practice group and a member of the firm's insurance/reinsurance industry group. Melissa focuses her practice on business and commercial litigation and has experience in litigating breach of fiduciary duty claims and employment and breach of contract claims, including enforcement of noncompete, nonsolicitation and nondisclosure provisions.

How often during the week do you work out? My goal is three to four times per week. The reality with small children and a demanding litigation practice with travel, two-three times during the week. Where I cannot fit in a workout during the week, I try to make up for it on the weekend.

At what time during the day or evening do you work out? I prefer the morning. It's much easier to get a workout in before the day begins, especially with the unpredictable nature of litigation coupled with after-school activities.

What's your go-to routine? In my 20s, I loved to run. But now in my 30s, the years of competitive gymnastics have caught up. My new go-to routine is cross-fit. High intensity, always different, and can be modified for all skill levels.

How long does it take? About an hour, including a warm-up and cooldown.

Why do you like this routine? The workout is different every day and always challenging. Attending a cross-fit class pushes me past what I could accomplish on my own. I also enjoy the camaraderie and friends I made along the way.

What does regular exercise do for you? Regular exercise helps to keep me focused, happy, and puts things in perspective.

How long have you been exercising regularly? My entire adult life. I needed something to replace the intensity of gymnastics and running.

In what ways have you changed your routine during the COVID-19 crisis? At the beginning of the pandemic, my gym switched to virtual classes. Eventually, that was replaced with social distancing in classes. Today, I work out both at the gym and now at home having purchased some equipment during the early days of the pandemic.

How do you convince yourself to work out when you don't want to? I know that I will feel so much better once the workout is over. I also look forward to seeing friends at the gym. I try to make a habit of letting others know that I will be at the gym the next day. This helps me stay accountable.

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