2D RANGER BN

MEDDOCK

1 - mile run

2 Rounds
120 air squats
75 push-ups
40 pull-ups
26 deadlifts @ 185
40 pull-ups
75 push-ups
120 air squats

1 - mile run

SGT Cameron A. Meddock
April 14, 1992 - January 17, 2019
Badghis Province, Afghanistan
1st Platoon, Alpha Company