2D RANGER BN

MACPHERSON

10x10 Bench Press @ 225 lbs

10 —> 1 Ladder Down Back Squat @ 225 lbs

10 —> 1 Ladder Down Deadlift @ 225 lbs

10 —> 1 Ladder Down Barbell Curl @ 85 lbs

10 —> 1 Ladder Down Dip

10 —> 1 Ladder Down Pull-up

5x30 Crunch

5x30 Hanging Knee Raises

SGT Thomas R. MacPherson

July 20, 1986 - October 12, 2012

Ghazni, Afghanistan

3rd Platoon, Delta Company