2D RANGER BN

CERROS

1000m Row
10 x Box Jump @ 18”
25 x Double-under
750m Row
20 x Box Jump @ 18”
50 x Double-under
500m Row
30 x Box Jump @ 18”
75 x Double-under
250m Row
40 x Box Jump @ 18”
100 x Double-under

SPC Ricardo Cerros Jr.
November 2, 1986 - October 8, 2011
Mohammad Agha, Afghanistan
1st Platoon, Bravo Company