2D RANGER BN

HOLTZ

Clean for 4000 lbs
400m run with 45 lbs
Deadlift for 6000 lbs
400m run with 45 lbs
Back Squat for 5000 lbs
400m run with 45 lbs
Bench Press for 3000 lbs
400m run with 45 lbs
Strict Press for 2000 lbs
400m run with 45 lbs
Weighed Pull-ups for 1000 lbs
400m run with 45 lbs
(factor body weight into total load)

SGT Tyler N. Holtz

October 1, 1988 - September 23, 2011

Tengi Valley, Afghanistan

1st Platoon, Bravo Company