2D RANGER BN

DUNCAN

- 3 ROUNDS -

Max Push-up (no resting)

Max Sit-up (no resting)

Max Pull-up (strict, no kipping)

20 x Air Squat

10 x Reverse Lunge (ea leg)

10 x Jumping Lunge (ea leg)

10 x Jump Squat

THEN

5-mile Run @ 8min pace

SPC Thomas F. Duncan III

April 13, 1987 - June 9, 2008

Mosul, Iraq

2nd Platoon, Charlie Company