2D RANGER BN

McDOWELL

- 5 ROUNDS (With 45 lbs RUCK) -

10 x Pull-up (strict, no kipping)

10 x Dip

20 x Squat

10 x Reverse Lunge (ea leg)

15 x Push-up

THEN

5-mile Ruck for Time

SFC David L. McDowell

October 17, 1977 - April 29, 2008

Kandahar, Afghanistan

1st Platoon, Charlie Company