2D RANGER BN

KESSLER

- 4 ROUNDS -

5 x Box Jump @ 24” Box

10 x Kipping Pull-up

10 x Mountain Climber (4 count)

5 x Step-up (ea leg) on 24” Box @ 75 lbs

10 x Walking Lunge (ea leg) @ 75 lbs

15 x Squat @ 75 lbs

THEN

6min Jump Rope

2-mile Run for Time

1,000ft Jacobs Ladder Climb for Time

CPL Jason M. Kessler

October 21, 1977 - July 30, 2007

Mosul, Iraq

3rd Platoon, Charlie Company