2D RANGER BN

BARRAZA

- 8 ROUNDS -

8 x Kettlebell Swing @ 45 lbs

8 x Wall Ball @ 12 lbs +

8 x Pull-up (strict, no kipping)

8 x Handstand Push-up

4 x ea Dumbbell Punch @ 20 lbs

8 x Upright Row @ 65 lbs

4 x ea Step-up on 18” Box @ 65 lbs

200m Run

SSG Ricardo Barraza

May 31, 1981 - March 18, 2006

Ramadi, Iraq

1st Platoon, Alpha Company