2D RANGER BN

TILLMAN

- 8 x EA PUSH-UP MATRIX -
Hands Overhead, From Elbows, Clapping, Fingertips,
Knuckles, Jack-knife, Diamond, Regular, Wide

- 3 ROUNDS (1MIN, 45 SEC, 30 SEC OF EACH) -
Power Clean / Front Squat / Push Press / Back Squat /
Shoulder Press (95 lbs, 115 lbs, 135 lbs)
Plate Upright Row-to-Press @ 45 lbs
Alternating Dumbbell Lunge-to-Shoulder Press @ 25 lbs
Swiss Ball Push-up
3 x Heavy 1-arm Dumbbell Clean & Press (ea side)
between each round

THEN
400m Farmer's Carry @ 45 lbs Plates

CPL Patrick D. Tillman
November 6, 1976 - April 22, 2004
Khowst, Afghanistan
2nd Platoon, Alpha Company