

UNITED WE RUCK

Complete with a partner. No partner gets left behind — United We Ruck.

- 50 Burpees w/Lateral Hop Over Sandbag
- 13 Sandbag Get-Ups
- 50 Sandbag Back Rack Walking Lunges (each leg)
- 13 Sandbag Get-Ups
- 50 Sandbag Ground to Overhead
- 13 Sandbag Get-Ups

CASH OUT: 1 mile weighted (Sandbag or Ruck),
carrying an American Flag (AFAP)

Sandbag Weight: 60#/40#

*can scale by using Ruck instead of Sandbag