

# EXTORTION 17

8 ROUNDS FOR TIME:

- 8 Sandbag Thrusters
- 6 Rows with Knee-Ups
- 11 Squat Jump Over Sandbag
- 400m Sandbag or Ruck Carry AFAP

Standard Sandbag (60#/40#)

Heavy Sandbag (80#/60#)



On August 6, 2011, the final flight of Extortion 17 resulted in the single deadliest incident for the US military during the War in Afghanistan. 31 Americans on board were killed, including 17 US Navy SEALs.