

9 EAGLES



6 ROUNDS:

- 11 Ruck Push-Ups
- 11 Ruck Lunges
- 11 Ruck Overhead Press
- 11 Ruck Overhead Squat
- 11 Ruck Swings
- 11 Flutter Kicks (slick)
- 11 Mountain Climbers (slick)
- 11 V-Ups (slick)
- 11 Ruck Plank Pull Thrus
- 101 Meter Sandbag Shoulder Carry
- 101 Meter Sandbag Farmer Carry

Ruck Weight (30#/20#)

Sandbag Weight (60#/40#)

On March 29, 2023, two 101st Airborne Division helicopters crashed during a routine training mission. All 9 soldiers aboard the helicopters died in the crash and were posthumously awarded the Meritorious Service Medal.