

LEG 2

X Target area

LEG 4

100

"Casualty" sits on the ground, back toward the starting line



6 Pick up a "casualty" using a cradle drop (underarm carry) position. Only the heels may drag.

7 Drag the casualty through two markers covering a combined 10 yards.

12 Place the cans down, pick up and throw a grenade from the standing position at a target space 22.5 yards away. After the throw, drop into a prone position and do three push-ups.



13 Stand up from prone position and pick up the ammo cans again.

75

5 Run diagonally for 25 yards, zig-zagging through five markers spaced five yards apart.



8 Lift the casualty into a "fireman's carry" for a final haul of 65 yards. The person acting the role of the casualty may only assist the rescuer while being lifted.

11 Carrying the ammo cans, move through a 25-yard network of five markers placed five yards apart.

14 Carrying the ammo cans, run diagonally for 25 yards, zig-zagging through five markers spaced five yards apart.

50



4 Drop and low-crawl for 10 yards. High-crawl on hands and knees for 15 yards.



8



10

15 Carrying the ammo cans, sprint 50 yards to the finish line.

25 yards



3 At the 25 yard line, make a clockwise turn around the marker.

2 Sprint 25 yards.

1 Start in prone position.

10 Pick up two 30-pound ammo cans and sprint 50 yards.