

# THANK YOU FOR YOUR SERVICE.

VIETNAM VETERANS DAY

## Vietnam Veterans Day Challenge

In recognition of all those who served in the Vietnam War, Team RWB is challenging all Eagles to tackle the Vietnam Veterans Day WOD at home or in your gym. This challenge is for time. Complete this workout at your pace, alone or with a partner. Eagle Up, challenge yourself and give it your all remembering those who served.

Let our Vietnam Veterans know you are remembering and honoring them today by [checking-in!](#)

	Without Equipment	With Equipment
<b>CASH-IN</b>	Run/Walk 1.2 Miles (1959 meters)	Cash in with 59 Calorie Row/Bike
<b>16 Rounds for Time</b> Individual or work together with a partner	5 Sit-ups	5 Toes 2 Bar
	8 Squats	8 Back Rack Squats (95/65)
	3 Push-ups	3 Strict Press (95/65)
	1 Burpee	1 Thruster (95/65)
	8 Lunges (each leg)	8 Front Rack Box Step ups (95/65 box knee height)
<b>CASH-OUT</b>	Run/Walk 1.23 Miles (1975 meters)	Cash out with 75 Calorie Row/Bike

**1959:** [First US Loss of Life](#)

**16 Rounds:** Sixteen years of US involvement in the Vietnam War ([1959 - 1975](#))

**58,318 Rep Count:** Number of names inscribed on the [Vietnam Veterans Memorial](#)

**1975:** Fall of Saigon