



9/11 Tribute: "UNITE, or DIE.

On this day, we remember those who paid the ultimate sacrifice on September 11th 2001. We salute you. We honor you. And we will never forget you.

UNITE, or DIE – INSTRUCTIONS:

1. Understand that this will suck. Bad.
2. Work in two (2) person teams: aka find a battle buddy.
3. Distance work (rucking and stairs) is divided by you and your partner. That means you each do half of the total distance.
4. Complete partner exercises using a 9 & 11 rep scheme (RS). You and your partner can alternate the 9 and 11. Total repetitions combined is the goal.
5. If you can't do a ruck, then substitute the 2 mile partner ruck for a 2000m (2K) partner row, 2 mile partner run, or 2 mile partner sandbag carry.
6. If you don't have a piece of equipment, get creative with what you do have. Use your ruck, a sandbag, jump on a parking bench or a bleacher. The point is: find something to make it hurt!
7. Lastly, this is for TIME! Meaning you should record how long it takes you and your partner finish this workout. **DFQ!**

So, like a good American pick a partner, and together destroy your bodies so that you can rebuild them stronger. Push your partner when they think they must stop, and always believe in a present, and a future that proves we are stronger together, in everything. God Bless America.

RED = WTC & Pentagon Loss of Life

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|---------------------------|--|---|
| WTC = 2016 Lives Lost | | Ruck x 2 Miles (1 Mile each) Burpees x 16 (Both) |
| THEN | | |
| PENTAGON = 125 Lives Lost | | Box Jumps x 125 (24"/20") (9 & 11 RS) |

WHITE = First Responders

| | | |
|---|-------------------------------|--|
| FDNY = 343 NYPD = 23 NY Port Authority = 37 Paramedics = 2 Total = 395 | Complete in Order (9 & 11 RS) | |
| | 1) 130 | AKB (American Kettle Bell Swing) @ (53lb/35lb) |
| | 2) 130 | Overhead Lunges @ (45lb/25lb) |
| | 3) 135 | Sandbag Get Up (60lb/40lb) |

BLUE = Aircraft and Flights of Stairs "Let's Roll"

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|---|---|---|
| Part 1: | | |
| Flight 11 = WTC North Tower & Flew into 80 th Floor | A) North Tower = 80 flights of stairs climbed by first responders | A) Climb 80 flights of stairs (40 each partner) (Up and down count) |
| Flight 175 = WTC South Tower & flew into 60 th Floor | B) South Tower = 60 flights of stairs climbed by first responders | B) 60 Box Step-Ups (9 & 11) (20"/18" boxes) with a ruck (45lb/35lb) |

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|--------------------------------|---------------|---------------------------------------|
| Part 2: (9 & 11 RS) | | |
| Flight 77 = Pentagon | 59 aboard KIA | 59 + 40 = 99 DB Thrusters (30lb/15lb) |
| Flight 93 = Shanksville, PA | 40 aboard KIA | |
| Then | | |
| Flight 11 = WTC North Tower | 87 Aboard KIA | 87 = Push-Ups 60 = Burpees |
| Flight 175 = WTC South Tower | 60 Aboard KIA | |

"We Will Never Forget 9/11"

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