



Maneuver Warfare Conference 75th Ranger Regiment PT Event

Who: All are welcome to attend

What: Punisher PT Event with the Regimental Commander

When: 10 SEP 2024 at 0600

- 0600: Show time/Warm-up/Event Brief
- 0615: PT Event Begins
- 0700: PT Event Ends/Q&A w/Regimental Commander
- 0715: NLT Event Complete

Where: Building 2941, 3rd BN, 75th Ranger Regiment (See QR Code)

Why: Highlight the Punisher PT platform and build camaraderie

Coordinating Instructions:

Event Uniform: Field uniform; no blouse, water source (optional)



Scan for directions
to the Punisher

PT Event Location



-  Parking
-  Punisher Location
-  Building 2943 (3/75 DFAC)
-  Route to PT Event

*Contact the 75th RR Staff Duty at 706-545-4230 if you need directions

Punisher PT Order of Events

1. 2x Rd (Short Course)

- Up 36" Stairs
- Down Ramp
- Up 18" Stairs
- Down Ramp
- Up 30" Stairs
- Down Ramp
- Up 18" Stairs
- Down Ramp
- Up 24" Stairs
- Down Ramp
- Up 18" Stairs
- Down Ramp

2. 10x Rd Sled Push / Farmers Carry

- Sled Push Down and Back
- Farmers Carry around Punisher

3. 1x Rd (Short Course)

