



# RANGER SCHOOL

## MOBILITY AND EXERCISE

Ranger School is the Army's premier leadership course. Ranger School is a 62-day course in the hills and mountains of Georgia and swamps of Florida. The school tests Ranger Students on patrolling, mountaineering, land navigation, and physical challenges aimed at developing a lethal and respected leader. For those that take on the challenge, there is no quit.

# RANGER SCHOOL

## MOBILITY AND EXERCISE

### HISTORY

Ranger School took shape 10 October, 1951 after the inactivation of the Ranger Training Command. The original purpose of Ranger School was to develop combat skills of Soldiers, mirroring realistic training and stresses of combat. Soldiers attending the course developed planning skills geared towards light infantry, airborne, air assault, and amphibious squad and platoon sized operations. Graduates of the course were expected to return to their individual units and pass on the lessons learned, bettering the Army and making a more lethal organization.

In 1954, the Army required all combat arms officers to become Airborne/Ranger qualified – a lasting legacy still seen today. Although the instructors and technology have changed slightly over the years, the mission remains the same: prepare Soldiers for combat and apply principles of leadership.

### PHASES

#### *Fort Benning, GA*

This 21-day phase tests a Rangers stamina and mental toughness. The initial phase establishes the tactical foundation necessary to execute small unit tactics and pass required physical gates. The Benning Phase begins with the “Ranger Assessment Phase (RAP): testing Rangers ability to complete push-ups, sit-ups, a five-mile run, 12-mile foot march, and obstacle course over the course of several days. The second phase, Darby Phase, tests a Rangers ability to plan as a member of a squad, lead, and execute infantry missions over the course of two field training events. Successful completion of both RAP Week and Darby Phase will earn a Ranger the ability to move to Mountain Phase in Dahlonga, GA.

#### *Dahlonga, GA*

The second phase of Ranger School tests a Rangers ability to execute mobility training, mountaineering, and patrols during continuous combat operations in a mountainous environment. Rangers learned about Platoon level operations, planning, and special equipment necessary to navigate austere terrain and stress. Rangers receive courses in

## GENERAL CREIGHTON ABRAMS

“The battalion is to be an elite, light, and the most proficient infantry in the world.

A battalion that can do things with its hands and weapons better than anyone.

The battalion will contain no

'hoodlums or

brigands' and if the battalion is formed

from such persons, it

will be disbanded.

Wherever the

battalion goes, it

must be apparent

that it is the best.”

## CRONUSFIT

mountaineering, climbing, and rope management during the first portion of the phase before moving onto patrols. During patrols, Ranger Students conduct two, five-day field problems, during which they execute all the lessons learned previously. At the successful conclusion of Mountain Phase, the Ranger Student moves by bus or parachute into Camp Rudder, FL for the Swamp Phase – one phase closer to earning the coveted Ranger Tab!

### *Camp Rudder, FL*

The final phase of Ranger School takes place at Camp Rudder, FL. The final phase continues the focus on a Ranger Student's ability to execute small unit tactics, leadership, and mission development. Students receive courses on wet weather crossings, waterborne operations, small boat movements, and airborne operations. After a week of classes, Ranger Students execute one final field training exercise in order to conduct raids, ambushes, movement to contact, and urban assaults. Ranger Students who successfully earn a "GO" and receive positive peer evaluations will move back to Fort Benning and Victory Pond to earn the Ranger Tab!!.

## PHYSICAL REQUIREMENTS

Ranger Students are expected to arrive at Ranger School capable of meeting the Army's height and weight standards, pass the Ranger Physical Fitness Test (RPFT), and conduct skill exercises of bodyweight movements.

Ranger Students must execute a minimum of 49 push-ups in two minutes and 59 sit-ups in two minutes. Following push-ups and sit-ups, Ranger Students must run 5 miles in under 40 minutes and complete 6 chin-ups at a minimum to continue training during RAP Week.

During RAP Week, Ranger Students will execute the Malvesti Confidence Course, Land Navigation, Combat Water Survival Test, and 12-mile foot march. Ranger Students must maneuver obstacles in full uniform, be prepared to climb ropes, monkey bars, and 8-foot walls. Students must complete the 12-mile foot march in under 3 hours with 55lbs of gear.

Following RAP Week, Rangers Students will continue long foot marches and physical events, such as: rappelling, rock climbing, MEDEVAC/CASEVAC operations, boat movements, and hand-to-hand combat. Preparation, diet, and recovery are keys to developing the skills necessary for graduation.

## RANGERS IN ACTION

Operation Rutter

Operation Torch

Operation Overlord

Operation Cabanatuan

Operation Delaware

Operation Eagle Claw

Operation Gothic Serpent

Operation Enduring Freedom

Operation Rhino

Operation Anaconda

CRONUSFIT  
WEEK 1

**OVERVIEW**

Focus – Gate Week/RAP Week

Record your scores from this week. This week serves as a measuring tool for the end of the program and will identify your strengths/weaknesses in your endeavor to earn your tab. Good Luck. RLW!!

**Monday**

RPFT + Max Pull Ups post run

**Tuesday**

Obstacle Course Run (2 Miles)

4Rnds

-15x Banded Pull Through +10 GD Sit Ups

20 EMOM

-4x Slam Ball (#50)/20x Sledge Strike

**Wednesday**

12- Mile Ruck (#35 Dry)

**Thursday**

Rest

**Friday**

30 min Run (8:00-8:30)

3Rnds

- 10x Banded Pull Apart + Banded Row +  
BB GMs

3RFT

- 5xHSPU + 10x Pull ups + 15 Abmat Sit-up  
12 AMRAP

- 250m Row + 8 alt KB Press + 1x15ft Rope  
Climb

**Saturday**

21-15-9 (Alt KBS + Burpee + Wall Ball #20)

5Rnds

- 10x Dips + 10x Banded Dips

8x 400m Run\_+ 10 Alt. Pistols or 30 Air  
Squat



*The "original"  
Ranger training  
in WWII*



CRONUSFIT  
WEEK 2

**OVERVIEW**

Week 2 will focus on an introduction to mobility and skill development – some days will not have a rep scheme, you warm up until you're ready to fight. The Ruck program will begin at an entry level IOT build towards meeting the standards for Ranger School. This week be prepared to execute more high intensity workouts, strengthening your anaerobic capacity.

**Monday**

Warm Up: 500m Row + 3x 12 Lateral Step  
Down + 3x8 Banded Single Leg RDL  
20 EMOM  
- 1x DL + 1x PC + 1x Push Press  
4x10 Incline Ring Row  
4x8 Weighted Glute Bridge  
3 Mile Tempo Run (6:45-7:20)

**Tuesday**

Warm Up: 10x MTN Climber + 10x Jumping  
Air Squat + 200m Row  
5RFT  
- 10 GHDs + 10x Pull ups + 10x Box Jumps  
3x3 AMRAP  
- 10 Cal Row + 15 Push Ups  
15min Assault Bike

**Wednesday**

Warm Up: Banded Push Press + Banded  
PVC Row + Air Squat  
100x Perfect Push Ups in 4 Min  
4RFT

- 50m Front Rack DB Lunge + 20x WB #20  
+ 10x TTB  
2x 1000m Row w/3min Rest

**Thursday**

6 Mile Ruck (2:00 Walk / 1:00 Shuffle) #45  
Dry  
3 Min Wall Sit  
4x :45 Superman Hold  
100x 4ct Flutter Kick

**Friday**

Warm Up: 21-15-9 Double Under + Cal  
Row + Burpee  
5x3 Push Press  
4x8 Bent Over Row  
6x3 Weighted Pull Up  
21-18-15-12-9-6-3 DB Thruster #45 + Box  
Jump  
4x 400m :90 Rest

**Saturday**

LSD  
100x GHD Sit Ups



*Rangers from 1/75 in  
Panama - 1989*

## CRONUSFIT

### WEEK 3

#### OVERVIEW

Week 3 focuses on bodyweight movement, volume, and use of the DB and KB. Running will be limited during this week because of a gate test on Saturday – measuring your recovery time through the week.

#### Monday

Warm Up: 3 Rnds – 500m Row + 10  
Burpee over the rower + 5 Pull up  
4x8 DB Step Down + 20m Front Rack  
Lunge  
50-40-30-20-10 Cal Row + DB Clean + TTB

#### Tuesday

Warm Up: 400m Run / 400m Reverse Run  
100x Unassisted Sit-Ups  
4x 20 DB DL  
4x 15 DB FS  
5x 50ft Uphill Broad Jump  
20min Slow Run

#### Wednesday

Warm Up: 4x 8 WTD Wide Stance GM + 4x  
8 KB Turkish Get Up + 3x Rope Climb  
20 AMRAP – 200m Run + 6 Pull Ups + 9  
DB #45 Thrusters  
4Rnds  
- 15 Plyometric Push Up + 30 Alt Step Up  
“24 + 10 Single Leg Hip Bridge  
10min Row (800-950 Cal/h)

#### Thursday

8 Mile Ruck #45 (2 Mile Shuffle then 6 Mile  
Walk)

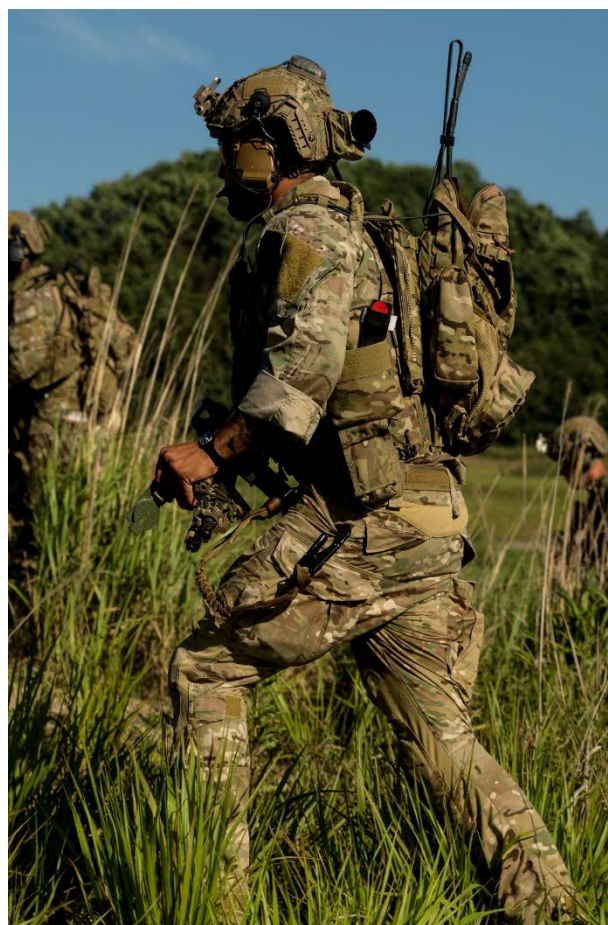
#### Friday

Warm Up: BB Kang Squat + SL GHD Back  
Extension + KB Russian Twist  
5RFT  
- 8 DB Snatch + 50ft FR Lunge + 10 Pull-up  
+ 100 TTB  
4x 8 Landmine Press  
5x5 GHD Bentover Row

#### Saturday

10k Run for time

*Ranger Assaulting an OBJ*



CRONUSFIT  
WEEK 4

**OVERVIEW**

Week 4 introduces speed work to get your times down and burn your lungs up. Your METCONs will be longer in duration, but flow from one exercise to another with repetitions you should be able to manage without stopping.

**Monday**

Warm Up: BB GHD Row + SL RDL into PC  
+ Jefferson Curl  
4x5 Bench Press  
4x 20 Dips  
4x 25 Deficit Push Ups  
60 WB + 50 BJ + 30 Burpees + 20 Pull Ups  
+ 10 Muslce Ups (Between Each Set 1x  
Rope Climb)

**Tuesday**

Warm Up: 2 Mile Tempo (Sub 15:30)  
100 DU + 100 V-Ups + 50 Russian Twist +  
50 Jumping Lunge  
3x 8 Sumo Hi-Pull #25  
4x 50ft Seated Sled Pull #200  
21-18-15-12-9-6-3 DB Push Press #45 +  
DB FS + Burpee  
16x 200m Run (:45 Rest)

**Wednesday**

LSD  
4x 500m Row (1:35-1:45) 1min Rest

**Thursday**

8 Mile Ruck #55 (2 Mile Shuffle / 6 Mile  
Walk)

**Friday**

Warm Up: Single Leg BB RDL + Front Rack  
DB Step Down + 2min HS Hold  
15 AMRAP  
- 10 DL #225 + 8x PU + 6x HSPU + 4x  
Pistol  
4x3 Power Jerk

**Saturday**

Warm Up: 10 Min Run, then 1..2..3..2..1  
Min Hard + :60 Rest  
Single Leg TTB / 100 Push Ups / 200m  
Lunge  
50x BJ Over + 30x Pull Up + 50x Ring Dips  
+ 20x TTB + 50x Pistol + 10x MU



*Rangers from 3/75*



CRONUSFIT  
WEEK 5

**OVERVIEW**

Week 5 marks the halfway point in the Ranger School programming and has increased skill work, dedicated to obstacle course improvement and strength. By the end of Week 5, Ranger Candidates will begin feeling heavier legs and grip loss. The key to passing to Week 6 is mastering technique work with proper hip drive on leg movements and ways to consolidate energy on obstacles.

**Monday**

Warm Up: Bottom Up SA KB Walk + BB  
Front Rack Lunge + Body Weight Sled  
Push  
3RFT  
- 25x SL BJ "18 + 25m Burpee Broad Jump  
+ 2x Rope Climb  
5 Mile Run (Sub 40 min)

**Tuesday**

Warm Up: SA KBS + Turkish Get-up +  
Slide Board Pike Up (Planche Work)  
4x8 Wide Stance Good Morning  
20 Total Deficit HSPU  
4x 20 BB Windshield Wipers  
Run 3x Obstacle Courses with a final 6x  
Wall Climbs (8ft)

**Wednesday**

LSD Run  
5x3 Hang SQT Clean  
3x3 Deficit Pull  
200m Dual KB Farmer Carry #72

**Thursday**

10 Mile Ruck #45 Dry  
4x 10 Bent Over Row  
3x 5+1 Snatch Push Press+Overhead  
Squat

**Friday**

20min Bike  
20 EMOM: 1x Rope Climb/15x Push Ups  
4x 8 Wide Grip behind the neck Pull Up  
4x 10 Alt. DB Strict Press

**Saturday**

"Murph" in OCPs/FLIC (No Plate Carrier)

*Ranger Students assaulting Santa Rosa Island*





CRONUSFIT  
WEEK 6

**OVERVIEW**

Week 6 increases band work in warm ups, as well as an increase in uniform PT, getting you ready for hitting multiple muscle groups and working out in a heavier uniform.

**Monday**

Warm Up: Banded Hip Abduction + Banded Front Walk + Banded PVC Squat + Banded Upright row + Banded Lateral Raise + Banded Push Up

10x HSPU + 20x Pull-up + 30x Push-up + 40x Alt KB Press + 50x TTB + 40x Ring Row + 30x Dips + 20 SL Sit Up + 10 HSPU  
3 Mile Run in OCPs (8:10 Pace)

**Tuesday**

4 Mile Trail Run (OCPs/Camelback)  
Banded Hamstring Stretch + Banded Lunge Hold

5x2+2 Power Clean+Push Jerk  
4x8 SA KB Row



*Get used to the suck!*



*Rangers in PZ Posture*

**Wednesday**

6 Mile Run (PTs + Boots)  
5x 10 RDL  
4x4 Deficit Hex-Bar DL  
100 Unassisted Sit Ups

**Thursday**

10 Mile Ruck #55 Dry 13:30 Pace

**Friday**

Low Impact Cardio (Bike/Swim) 45min

**Saturday**

Warm Up: KB Shurges (Light) + 1000m Row + 50 KBS

50-40-30-20-10 Cal ASLT Bike + WB #20

3x 1+1 Legless Rope Climb+Rope Climb

CRONUSFIT  
WEEK 7

**OVERVIEW**

Week 7 is the deload week heading back into a Gate WK/RAP Week. The workouts are designed to last less than 15 min for the AMRAPs, with low impact and complex movements.

**Monday**

Warm Up: 500m Row + SL Broad Jump +  
40x Chin-ups

4x 300m Shuttle Sprint (6x25m) :60 Rest

4x 10 Hex Bar DL (BW)

3Rnds

- 50ft Waiter Carry #45 + 100ft Farmer  
Carry #72 + 200ft Front Rack Lunge #45

**Tuesday**

Warm Up: 3rnds – 400m Run + 25

Mountain Climbers

50-40-30-20-10 DB Squat #45 + KBS #50

2 Mile Recovery Run

**Wednesday**

10k Run for Time

**Thursday**

6 Mile Ruck #65

**Friday**

Warm Up: 5 Rnds – 8x TGU + 10x Ring

Pull Up + 12 Box Jump

Heavy Single Push Press

Heavy Single Pull Up

10rnds :30/:30 Assault Bike (Work/Rest)

**Saturday**

Warm Up: 3x 3AMRAP – 20Cal Row + 10x  
Push-up

7 AMRAP – 100m Shuttle Sprint + 7x PC  
#135

-- Rest 4 Min --

7 AMRAP – 10 Burpees + 10 Slam Ball #40

2x 1-Mile Run for Time



*Ranger School Class 06-81*



CRONUSFIT  
WEEK 8

**OVERVIEW**

Gate Week/RAP Week is back!! This week give it all you have! You've prepared for two-months leading up to this week and are stronger, more stable, and mentally ready to destroy your previous times! Good Luck, Ranger!

**Monday**

RPFT + Max Pull Ups

**Tuesday**

Rest

**Wednesday**

12 Mile Ruck #45 Dry + Water

**Thursday**

2,000m Swim

**Friday**

Standard Obstacle Course x 3 + 1 Mile Run  
Per Round

**Saturday**

Death By Burpees  
20 AMRAP – 50ft Sled Push #BW + 10x  
GHD SU  
Max Bench Press



*You try looking this good when you graduate! CronusFit's Founders showing off the tab!! RL TW!!*



CRONUSFIT  
WEEK 9

**OVERVIEW**

Recovery. Recovery. Pack! Good Luck as you get to Fort Benning, GA – Remember it's only 62 Days!

**Monday**

1k Row  
100 Cal ASLT Bike  
TABATA Push Ups

**Tuesday**

Warm Up: Hip Abduction + Hip Bridge +  
Calf Raises  
7 AMRAP – 7x PC #135 + 7x BJ Overs  
4Rnds  
- 15x Thrusters #95 + 10x HSPU + 15CAL  
ASLT Bike  
3 Mile Run

**Wednesday**

LSD

**Thursday**

10 AMRAP – Ladder FS #135 + Pull Up  
4x8 Bentover Row  
5x5 Banded Bench Press  
5x15 Alt. KB Press

**Friday**

250m Row + :60 Rest + 500m Row + 2min  
Rest + 750m Row + 3min Rest + 1000m  
Row – and Back Down!!  
25 EMOM – BW DL/BW Floor Press

**Saturday**

100x Perfect Push-ups  
100x Sit-ups  
6- Mile Run  
100x Sit-ups  
100x Perfect Push-ups

