

GORUCK Cadre Rooney WOD

This workout was created when Cadre Rooney was diagnosed with Stage IV pancreatic cancer. GORUCK worked with him to put this WOD together. Cadre Rooney passed away on April 3rd, 2019 after his battle with pancreatic cancer. More info can be found at [the go fund me page](#) created for him. Cadre Rooney was an amazing GRT, GORUCK Cadre, and human being.

Equipment

You'll need the following to complete this workout:

- [Ruck](#)
- [Weight](#)

Cadre Rooney WOD

Complete the start, complete the five rounds, then complete the finish. You've got this.

Start: 400M Ruck

5 Rounds:

- 75 Mountain Climbers (4 count)
- 75 Squats (Tough weight)
- 200M Ruck
- 75 Flutter Kicks (4 count)
- 75 Overhead Arm Claps (4 count)

Finish: 400M Ruck

One More Rep for the Ranger in the Sky

At Cadre Rooney's events he would routinely make the class do one more rep for the Ranger in the sky. If he said 10 push-ups then you did 10 push-ups plus one more. While doing that 11th push-up the class had to say "one more rep for the Ranger in the sky."

With that in mind it only makes sense to add one additional rep to reach exercise in each round. That would make 75 + 1 Mountain Climbers, Squats, Flutter Kicks, and Overhead Arm Claps. When you complete that + 1 rep make sure to say "one more rep for the Ranger in the sky" and think of Rooney.

