

MEMORIAL DAY CHALLENGE

GREEN BERET FOUNDATION | 26 MAY 2025

Black Rifle Coffee Company, Nine Line Apparel, and the Green Beret Foundation have joined forces to raise funds and awareness in honor of fallen hero Master Sgt. Luis F. Deleon-Figueroa, a 7th Special Forces Group (Airborne) Green Beret killed in action.

Join the Workout of the Day alongside the Special Forces community to honor those who have made the ultimate sacrifice! Everyone is welcome.

See the full workout list [HERE](#)

WORKOUT LOCATIONS!

- Nine Line Headquarters - 450 Fort Argyle Rd. Savannah GA 31419! Follow Updates [HERE](#)
- Nine Line Key West - 1000 Duval St, Key West, FL 33040! Follow Updates [HERE](#)
- Black Rifle Coffee Company Participating Locations:
 - [Frisco, TX](#)
 - [North Richland Hills, TX](#)
 - [Potranco, TX](#)
 - [Clarksville, TN](#)
 - [Waco, TX](#)
 - [Phoenix, AZ](#)

More information will be available soon. Please contact each participating location directly for the latest updates!

5 ROUNDS FOR TIME: (SYMBOLIZING THE 5 PILLARS OF GBF SUPPORT)

- 400m Run (In honor of endurance & perseverance)
- 21 Kettlebell Swings* (50/15 lbs) (Represents 21-gun salute)
- 15 Burpees (For the challenges overcome in service)
- 9 Deadlifts (225/90 lbs) (For strength & resilience)

FINISHER:

- 1-Minute Plank Silence (To reflect and honor those who made the ultimate sacrifice)



Learn More!

SCALING OPTIONS:

- Reduce weight, rounds or reps as needed.
- Swap kettlebell swings for dumbbell snatches or use a gallon jug.
- Substitute deadlifts with air squats or sandbag lifts.
- Do the 1-minute plank on your knees if need be.