

# U.S. COAST GUARD AVIATION WORKOUT TO REMEMBER

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## TO HONOR AND REMEMBER COAST GUARD FALLEN HEROES AND THEIR FAMILIES

**THE 6535 MEMORIAL WORKOUT** was created to honor Lt. Cmdr. Dale Taylor, Lt. j.g. Thomas Cameron, Chief Petty Officer Fernando Jorge and Petty Officer 3rd Class Andrew Knight, the four crewmembers from CG-6535 who were lost on February 28, 2012 when their training flight crashed in Mobile, Ala. The rep scheme 65 and 35 represents the helicopter's tail number, with one round designated for each member of the crew. Today, the workout honors the sacrifices of all Coast Guard aviators who have died in the line of duty. All are encouraged to participate in the U.S. Coast Guard Aviation WOD as individuals and teams, and the workout can be modified or scaled as needed.

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## HONOR. RESPECT. REMEMBER.

“Dale, Tom, Nando and Drew answered the call. They stepped forward and dedicated their lives to helping others. The only thing stronger than their desire to fly, was their desire to serve. And, they did serve — they served all of us.”

ADMIRAL ROBERT PAPP, COMMANDANT,  
AT THEIR MEMORIAL SERVICE IN 2012



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SEE WORKOUT DETAILS ON NEXT PAGE

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# USCG AVIATION WORKOUT TO REMEMBER

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## THE 6535 MEMORIAL WORKOUT CONSISTS OF ►

- 4 rounds for time
- 400-meter run
- 65 air squats
- 35 burpee pull-ups

## TWO DIVISIONS ►

**1. Individual:** All movements and reps are completed by a single individual.

**2. Team of 2 to 4 people:** All participants complete the run portions together. During other movements, exercises may be divided as needed, but one member must be working at all times. All reps of a single movement must be completed prior to the team beginning the next exercise.

## MOVEMENT STANDARDS AND MODIFICATIONS ►

- **65 Air Squats:** Full squats performed to below parallel position.
- **35 Burpees to Pull-Ups:** A complete burpee followed by one pull-up with chin above bar level. To modify, use a step-up box for jumping pull-ups, or use a band for assisted pull-ups, or do ring-rows. If you modify the movement, complete the burpees and pull-ups separately. If you are unable to complete a pull-up, do a full burpee then jump and touch the pull-up bar.
- **400-Meter Run:** leaving the workout area, run to the designated mark and return.

*Recommended 60 minute time limit for completion of the WOD for both divisions.*