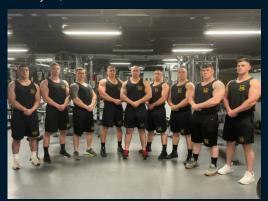




## **WORLD FAMOUS BODY BEARERS**

Marine Barracks Washington is home to the foremost funeral detail in the U.S. Armed Forces. The Body Bearers are comprised of hand-selected candidates, who through the crucible of Body Bearer Ceremonial Drill School, honed their minds and bodies to perform flawless funerals for Marines and Marine family members at Arlington National Cemetery and abroad. Additionally, the Body Bearer section is responsible for flawlessly executing a myriad of other ceremonial commitments throughout the National Capitol Region.

Marines wishing to join the Body Bearers must, at minimum, be a Marine of unquestionable character, maturity, self-discipline, and resolve, 70 to 76 inches tall, within Marine Corps Height/Weight standards, possess both a 1st Class PFT and CFT, pass the Body Bearer's Initial Strength Test, and be the rank of Sergeant (TIG less than 1 year) or below.



The Body Bearers are considered the strongest Marines in the Marine Corps. The initial strength test consists of 10 repetitions for the following exercises (although it is recommended that one is well beyond this minimum threshold before attending CDS): 225 lbs Bench Press, 135 lbs Behind-the-Neck Military Press, 115 lbs Strict Straight Barbell Curl, and 315 lbs Barbell Squat.

Once Marines graduate CDS, they continue to improve their physical fitness by working out multiple times a day, and practicing flawless funerals with weighted



The Body Bearers man the saluting battery of MBW to render honors to dignitaries during parades and ceremonies. [above]



Marine Corps Body Bearers serve as a tangible, physical manifestation of the institution that our fallen brothers and sisters have poured their hearts and souls into fortifying.

Contact Company B MBW: 202-433-5922