

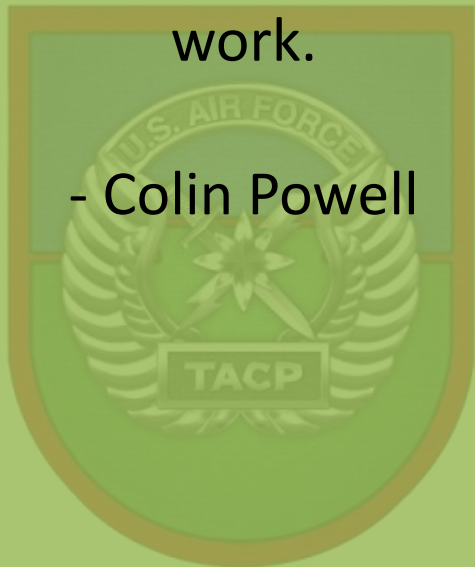


## WORDS TO LIVE BY



A dream doesn't become  
reality through magic; it  
takes sweat,  
determination and hard  
work.

- Colin Powell



## BADASS OF THE WEEK

Pfc Moto, Kaoru

US Army 7 July, 1944 - Italy

Acting as a scout Moto engaged a machine gun nest that was halting his platoon's progress. After killing the primary gunner the secondary gunner fired on Moto. Moto snuck to the rear of the nest forcing the gunner to surrender. As Moto took the prisoner to base he spotted another enemy team occupying a building and engaged them, causing them to retreat. A nearby sniper heard the gun fire and severely wounded Moto. As Moto eluded gun fire and treated his wound he was relieved of his position and prisoner. On his way to medical he noticed a machine gun nest and opened fire, wounding two enemies and forced the other three to surrender.

# Drowning In Beerbaum

Mon	<b><u>Water Con Day</u></b> Underwaters 5 @ 1:45 Buddy Breathing @ 2:00 Medium Harass Tread Training
Tues	<b><u>Swim Day</u></b> Freestyle 5 x 200m @ 5:00 Fin 5 x 200m @ 5:00
Wed	<b><u>ABU Any Combo</u></b> Underwaters 5 @ 3:00 Buddy Breathing @ 2:00 Fin Tread Training @ 2:00
Thurs	<b><u>Swim Day</u></b> Underwaters 2 sets of 3 @ 1:30 Fin 4 x 250m @ 6:00 15 min Stretch and Roll
Fri	<b><u>FUN DAY/ WEAKNESS WORK</u></b> Underwaters 10 @ 2:00 Make your weaknesses your strengths



# The Big Hart



Mon	<b><u>Cals</u></b> Pushups 55, 45, 35, 25, 15, 5 Pullups 11, 10, 9, ..., 1 Planks: Front, Sides, Lazy Sit 3 sets @ 1:00
Tues	<b><u>Uncle Ricky's Danger Zone: Level A</u></b> (Adjust Weight to Ability)
Wed	<b><u>Tabatta Cals: 5 Rounds 30s on/ 30s off</u></b> Wide Pushups, Wide Pullups <b><u>Fucktional Fitness:</u></b> 200 yd Tire Flips, 4 x 10 per side SBGU 800m SB Fireman Carry 5 x 10 8 Counts
Thurs	<b><u>Uncle Ricky's Danger Zone: Level B</u></b> (Adjust Weight to Ability)
Fri	<b><u>Tabatta Cals: 4 Rounds 40s on/ 20s off</u></b> Russian Twists , Side Planks, Front Plank <b><u>GnGs</u></b> 20yd, 40yd, recovery walk back to start FWD Roll, BWD Roll, Bear Crawl, Crab Walk
Sat	<b><u>Uncle Ricky's Danger Zone: Level C</u></b> (Adjust Weight to Ability)





# Gilligan's Island of Suck

Mon	<b><u>Time Trial</u></b> 3 mile run < 21 min
Tues	<b><u>Track Sprints</u></b> 5 x 800m < 3:00 400m recovery jog between each 800m
Wed	<b>Rest and be a Stretchy Scurve</b> <b>Fucking Stretch Everything Top to Bottom</b>
Thurs	<b><u>Track</u></b> 4 x 100m (Focus on Form, Jog into a sprint) Walk back recovery between each 100m 8 x 400m @ 3:00
Fri	<b><u>Ruck</u></b> 4 miles #60 < 1 hr

# UNCLE RICKY'S DANGER ZONE



## Uncle Ricky's Danger Zone: Level A

Exercise	Weight	Rounds x Reps
Flat Bench	135	1 x 15-20
	155	1x 12
	185	1 x 10
	205/225	6/4
Incline Static Press	50/60	3 x 5
	70/80	3 x 4
	80/90	3 x 3
Standing Cable Fly	25/30/side (High Pos)	15/12/10
	20/25 (Mid Pos)	12/12/10
	12/15 (Low Pos/ Low Pec)	10/10/10
Alt Med Ball Pushups		5 x 7

## Uncle Ricky's Danger Zone: Level B

Exercise	Weight	Rounds x Reps
Stiff Leg Dead Lift	135	20
	185	15/12
	225	10/8
Hang Clean	95-135	15/12
	135-185	10/12
Power Clean	95-130	3 x 10
Back Extensions	BW	3 x 20
Ball Slams	20	Tobatta 40s on/20s off
Barbell Roll Outs	Just Make Sure It Rolls	3 x 20
V-Ups	BW	15/12/12/10
V-Ups W/ Stability Ball BW		4 x 10



Uncle Ricky's Danger Zone: Level C		
Exercise	Weight	Rounds/Reps
Box Squat	135	15
	185	12
	225	10
	205	12
Walking Lunge/Squat	95	5 x Tobatta 40on/20off
Thruster	95	15/12/10
	135	3 x 5
Deadlift	135/185	20/15
	205/225	12/10
	275/315	3 x 5
Hamstring Curl	80	15
	As Needed	15/12/10/12