



## WORDS TO LIVE BY



What we think, we become.

- Buddha



## BADASS OF THE WEEK

Sergeant Ivan M Ruiz

USAF PJ 10 Dec 13 Afghanistan

After a point blank engagement with four insurgents, Sergeant Ruiz's team continued to clear a compound.

Isolated from the 14 man element, him and two teammates encountered an insurgent crossfire, sweeping the courtyard with small arms fire and hand grenades from strongpoints. Ruiz eliminated one enemy, while enemy

fire wounded his two comrades, rendering them immobile and

exposed. Alone in the courtyard, he completely disregarded his personal safety and refused to withdraw to cover. Single-handedly he suppressed enemy fire until reinforcements

arrived. Ruiz pressed ahead under fire to reach the wounded, while enemy grenades impacted within five meters of him. Once joined by teammates,

Ruiz dragged a wounded back to cover.

While still dangerously exposed to gunfire, Sergeant Ruiz administered

# Drowning In Beerbaum

Mon	<b><u>Water Con Day</u></b> Underwaters 5 @ 1:45 Buddy Breathing @ 2:00 Violent Harassment Tread Training
Tues	<b><u>Swim Day</u></b> Freestyle 4 x 250m @ 6:00 Fin 4 x 250m @ 6:00
Wed	<b><u>ABU Any Combo</u></b> Underwaters 5 @ 3:00 Buddy Breathing @ 2:00 Violent Harassment Fin Tread Training @ 2:00
Thurs	<b><u>Swim Day</u></b> Underwaters 2 sets of 3 @ 1:30 Fin 2 x 500m Fin Tread 30s On/ 1min Off/ 1min On/ 2min Off/ 2 min On 15 min Stretch and Roll
Fri	<b><u>FUN DAY/ WEAKNESS WORK</u></b> Underwaters 15 @ 2:00 Make your weaknesses your strengths

# The Big Hart



Mon	<b><u>Cals</u></b> Pushups 60, 50, 40, 30, 20, 10 Pullups 12, 11, 10, ..., 1 Planks: Front, Sides, Lazy Sit 3 sets @ 1:00 100 Situps
Tues	<b><u>Uncle Ricky's Danger Zone: Level A</u></b> (Adjust Weight to Ability)
Wed	<b><u>Fucktional Fitness:</u></b> <b>Warmup:</b> 100 yd Medicine Ball Throws <b>6 ROUNDS:</b> 5 per side SBGU 200 yd SB Fireman Carry <b>Cooldown:</b> 10 x 10 8 Counts
Thurs	<b><u>Uncle Ricky's Danger Zone: Level B</u></b> (Adjust Weight to Ability)
Fri	<b><u>Tabatta</u> 5 Rounds 40s on/ 20s off:</b> Russian Twists, Side Plank, Swimmers, Front Plank <b><u>GnGs</u> 2 Rounds 50 yds Recovery Walk to Start:</b> FWD Roll, BCK Roll, Bear Crawl, Duck 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> 5 mile run < 35 min
Tues	<b><u>Track Workout</u></b> 1 mile @ 7:00 2 sets of 400m Sprint, 400m Recovery Jog 4 sets of 200m Sprint, 200m Recovery Jog
Wed	<b>Rest and be a Stretchy Scurve</b> <b>Fucking Stretch Everything Top to Bottom</b>
Thurs	<b><u>Track</u></b> 10 x 400m @ 3:00 Interval
Fri	<b><u>Ruck</u></b> 6 miles #40 < 1 hr 20 min

# 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