



## WORDS TO LIVE BY

Always maintain the attitude of a student. If you think you're done learning, bitterness sets in. But if you have more to achieve everyday, in any arena, that makes each mornings awakening full of potential and cheery portent.

- Nick Offerman

## BADASS OF THE WEEK

### Captain Barry F. Crawford Jr. USAF STO 04 May 10 Afghanistan

Captain Crawford was part of an assault force that received machine gun and sniper fire from an enemy force of over 100 fighters as soon as they exited the helicopter. Three Afghans were wounded and two more were killed. Crawford ran out of cover to guide a second helicopter in. He remained exposed, despite an antenna being shot off inches from his face. While the casualties were being extracted, two enemy trucks attacked. The helicopter departed leaving one wounded behind. Crawford executed a plan that allowed the helicopter to retrieve the last casualty. The assault force then conducted a 3.5 km movement over steep terrain where they were ambushed twice by multiple enemy as close as 150 meters he engaged the enemy with his assault rifle while integrating AH-64s and F-15E's that included strafing runs along with 500 and 2,000-pound bomb and Hellfire missile strikes. Throughout the ten hour firefight, Captain Crawford controlled over 33 aircraft and more than 40 air strikes.

# 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 3 x 300m @ 7:30 Fin 2 x 500m @ 12:00
Wed	<b><u>ABU Any Combo</u></b> Underwaters 5 @ 3:00 Buddy Breathing @ 2:00 Violent Harassment Tread Training @ 2:00
Thurs	<b><u>Swim Day</u></b> Underwaters 3 sets of 3 @ 1:30 Fin 4 x 250m @ 6:00 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 20 @ 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 @ 1:30 120 Situps
Tues	<b><u>Uncle Ricky's Danger Dungeon: Level A</u></b> (Adjust Weight to Ability)
Wed	<b><u>Fucktional Fitness:</u></b> <b>Warmup:</b> 5 x 10 8 counts @ 1:30 <b>6 ROUNDS:</b> 5 per side SBUGU 200 m SB Fireman Carry <b>Cooldown:</b> 5 x 10 8 Counts @ 1:30
Thurs	<b><u>Uncle Ricky's Danger Dungeon: Level B</u></b> (Adjust Weight to Ability)
Fri	<b><u>Tabatta 5 Rounds 45s on/ 15s off:</u></b> Russian Twists, Side Plank, Front Plank, V Ups <b><u>GnGs 2 Rounds 40s On/ 20s Off:</u></b> Iron Mikes, FWD Roll, G-Downs, FWD Roll, Leg Lift Hold, FWD Roll
Sat	<b><u>Uncle Ricky's Danger Dungeon: Level C</u></b> (Adjust Weight to Ability)







# Gilligan's Island of Suck

Mon	<b><u>Time Trial</u></b> 4 mile run < 28 min
Tues	<b><u>Track Workout</u></b> 5 x 800m < 3:00 pace 400m Recovery Jog between 800's
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 @ 2:45 Interval
Fri	<b><u>Ruck</u></b> 3 miles #70 < 45 min

# UNCLE RICKY'S DANGER DUNGEON

## 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	1 x 4-6
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	12-15
	225	8-10
Hang Clean	95-135	12-15
	135-185	10-12
Power Clean	95-130	2 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	15-20
	205-225	10-12
	275-315	3 x 5
Hamstring Curl	80	15
	As Needed	15/12/10/12