

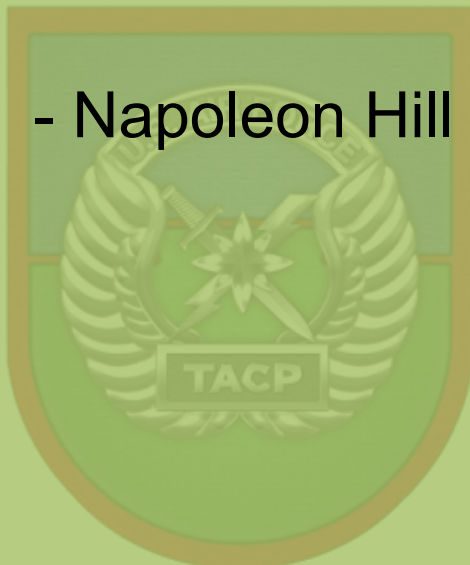


WORDS TO LIVE BY



Action is the real
measure of
intelligence.

- Napoleon Hill



BADASS OF THE WEEK

Galvarino

Mapuche(Modern Day Chile)

1557

During the Battle of Lagunillas against Governor Mendoza, Galvarino and 150 other warriors were taken prisoner. For their insurrection, against the Spanish invaders, the Mapuche prisoners lost either both hands or a hand and their nose. Galvarino lost both of his hands and was sent to his General, Caupolican, to inform him of the Spanish numbers and strength as a way to strike fear in the General. What the Governor didn't expect was that Galvarino would appear before his General demanding justice. Galvarino was given command of a squadron and had knives fastened where his hands were. During the next battle he struck down the Governor's second in command before being captured along with thousands of other Mapuche warriors. For his return to battle against the Governor he was executed by being thrown to the dogs.

Drowning In Beerbaum

Mon	<u>Water Con Day</u> Underwaters 5 @ 1:45 Buddy Breathing @ 2:00 Violent Harassment Tread Training
Tues	<u>Swim Day</u> Freestyle 5 x 200m @ 5:00 Fin 5 x 200m @ 5:00
Wed	<u>ABU Any Combo</u> Underwaters 5 @ 3:00 Buddy Breathing @ 2:00 Violent Harassment Tread Training
Thurs	<u>Swim Day</u> 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	<u>FUN DAY/ WEAKNESS WORK</u> Underwaters 10 @ 1:45 Make your weaknesses your strengths

The Big Hart



Mon	<u>Cals</u> Pushups 60, 50, 40, 30, 20, 10 Chinups 10, 9, 8, ..., 1 Planks: Front, Sides, Lazy Sit (3 sets @ 1:00) 150 Situps
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)
Wed	<u>Fucktional Fitness:</u> Warmup: 100 yd tire flip, 2 X 100 yd Buddy Carry 4 ROUNDS: 5 per side SBGU 300 yd SB Fireman Carry Cooldown: 5 x 10 8 Counts @ 1:30
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)
Fri	<u>Tabatta 5 Rounds 45s on/ 15s off:</u> Russian Twists, Side Plank, Front Plank, V Ups <u>GnGs 2 Rounds 40s On/ 20s Off:</u> Iron Mikes, FWD Roll, G-Downs, FWD Roll, Leg Lift Hold, FWD Roll
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)





Gilligan's Island of Suck

Mon	<u>Time Trial</u> 3 miles run < 21 min	
Tues	<u>Track Workout</u> <div> <div> 100m @ 2:00 200m @ 2:30 400m @ 3:00 800m @ 3:30 </div> <div>1 min rest Then</div> <div> 800m @ 3:30 400m @ 3:00 200m @ 2:30 100m @ 2:00 </div> </div>	
Wed	Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom	
Thurs	<u>Track Workout</u> 10 x 400m @ 3:00 Interval	
Fri	<u>Ruck</u> 6 miles #40 < 1:20 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	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		3 x 10 Per Side

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

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