



WORDS TO LIVE BY

BADASS OF THE WEEK

It is only through labor
and painful effort, by
grim energy and resolute
courage, that we move
on to better things.

- Theodore Roosevelt

Colonel Lewis L Millet

US Army WWII/Korean War

In 1940 President Roosevelt said we would not go to war against Hitler. Millet said fuck that and deserted the US Army to join the Canadian Army. By the time he was sent to Europe, America had joined the war and allowed him to rejoin their ranks. He was then sent to Africa where he earned a Silver Star for driving a fully armed half track that was on fire away from his troops then jumped out just before it exploded. He was court-martialed for desertion and only fined \$52. Millet earned the Medal of Honor in Korea when he lead a charge on Hill 180 with tanks supporting him from behind. As he assaulted enemies to make his way up the hill he came across a V shaped trench with three enemies that he bayoneted. He recalled being surprised by how easily a bayonet goes into a skull.

Drowning In Beerbaum

Mon	<u>Water Con Day</u> Buddy Breathing @ 2:00 Violent Harassment Be a buddy breathing beast
Tues	<u>Swim Day</u> Underwaters: 4 Sets of 3 @ 1:30 Freestyle: 500m Fin: 500m
Wed	<u>ABU Any Combo</u> Underwaters 5 @ 3:00 10 Ups Buddy Breathing @ 2:00 Violent Harassment
Thurs	<u>Swim Day</u> Freestyle: 10 x 50m @ 1:00 Fin: 10 x 50 @ 1:00 Drownproof Training
Fri	<u>FUN DAY/ WEAKNESS WORK</u> Underwaters 5 @ 1:45 Make your weaknesses your strengths

The Big Hart



Mon	<u>Cals</u> Pushups 10 x 25 on 1:00 interval Pull Ups All Variations (Chin, Wide, Narrow, Regular): 2,4,6,8,10 10 Rounds NO REST: 10 half crunches, 10 Situp
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)
Wed	<u>Fucktional Fitness:</u> Warmup: 5 X 15 8 Counts on 2:30 interval 5 Rounds: 5 SBGUs per side/ 300 yd SB Carry/ 50yd sled push (185 lbs)
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)
Fri	<u>Tabatta 5 Rounds 45s on/ 15s off:</u> Side Plank, Swimmers, V Ups, Half Crunches <u>GnGs 3 Rounds 40s On/ 20s Off:</u> Iron Mikes, FWD Roll, Greatest Stretch, FWD Roll, Burpees, FWD Roll, Medicine Ball Slams #20
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)





Gilligan's Island of Suck

Mon	<u>Track Workout</u> 3 X 1 Mile @ 7 min run 3 min rest
Tues	<u>Track Workout</u> Run 4 Laps, rest 3 min Run 3 Laps, rest 2 min Run 2 Laps, rest 1 min Run 1 Lap
Wed	Get to a yoga studio and do yoga. Become a flexible beast.
Thurs	<u>Track Workout</u> 10 x 400m @ 3:00 Interval
Fri	<u>Ruck</u> 4 miles #50 < 50 min to 1 hr

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