

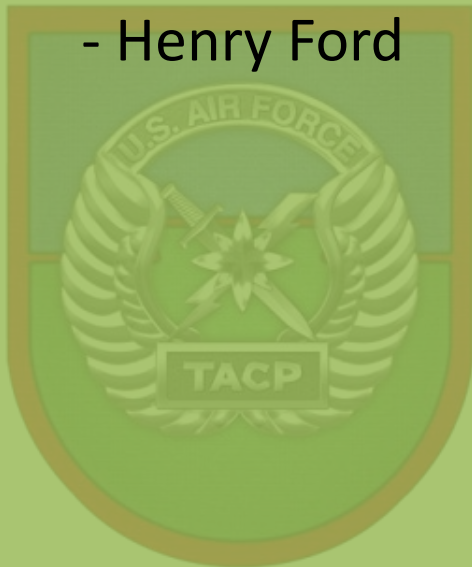


## WORDS TO LIVE BY



Don't find fault, find a  
remedy

- Henry Ford



## BADASS OF THE WEEK

### Lt. Brian Chontosh US Marines OIF 2003

In 2003 a group of enemy combatants opened fire on Lt Chontosh and his platoon while traveling down a highway. Without hesitation, he had his driver advance at the enemy position enabling his .50 caliber machine gunner to eliminate the enemy. He then directed his driver into the enemy trench, where he exited his vehicle and began to clear the trench with his M16 pistol. His ammo depleted, Chontosh twice picked up discarded enemy rifles and continued his ferocious attack. When a Marine following him found an enemy RPG, Chontosh used it to destroy yet another group of enemy soldiers. When his audacious attack ended, he had cleared over 200 meters of the enemy trench, killing more than 20 enemy soldiers and wounding several others.

# DROWNING IN BEERBAUM

Mon	<b><u>Water Con Day</u></b> 50m Lane Line Pull 3 Rounds Buddy Breathing @ 2:00 Violent Harassment Underwaters: 5 x 2:00
Tues	<b><u>MORE WATER CON</u></b> Hypoxic Buddy Breathing: Swim 100m immediately into buddy breathing 2:00 10 ups training Underwaters 5 @ 2:00
Wed	<b><u>ABU Any Combo</u></b> Crossovers 8 @ 2:00 (no fins) Slow 10 Ups Buddy Breathing @ 2:00 Violent Harassment
Thurs	<b><u>Get Uncomfortable Day</u></b> Underwater Football
Fri	<b><u>FUN DAY/ WEAKNESS WORK</u></b> Hypoxic Buddy Breathing @ 2:00 Drownproofing Make your weaknesses your strengths

# The Big Hart

Mon	<p><b><u>Cals:</u></b> Pullups: 10 x 6 @ 1 min interval Pushups: 10 x 25 @ 1 min interval <b><u>5 Rounds No Rest:</u></b> 10 half situps/ 10 full situps <b><u>3 Super Sets per side:</u></b> 30 side crunches/ 1 min plank <b><u>Maxout Pushups in 2 min</u></b></p>
Tues	<p><b><u>Uncle Ricky's Danger Dungeon: Level A</u></b> (Adjust Weight to Ability)</p>
Wed	<p><b><u>Fucktional Fitness:</u></b> <b>Warmup:</b> 50 x 8 Counts <b>4 Rounds:</b> SB or Buddy Carry 200 yards, Push Sled 50 yds, Flip Tire 50 yds <b>Finisher:</b> 50 x 8 Counts</p>
Thurs	<p><b><u>Uncle Ricky's Danger Dungeon: Level B</u></b> (Adjust Weight to Ability)</p>
Fri	<p><b><u>Cals:</u></b> Chinups: 10 x 6 @ 1:00 Pushups: 5 x 40 @ 2:00 Swimmers 4 x 30s on/ 30 off 3 Rounds: 30 situps, 2 min plank</p>
Sat	<p><b><u>Uncle Ricky's Danger Dungeon: Level C</u></b> (Adjust Weight to Ability)</p>





# *Gilligan's Island of Suck*

Mon	<b><u>Time Trial</u></b> 3 Miles
Tues	<b><u>Track Workout</u></b> 800m warmup 4 Laps 3 min rest, 3 Laps 2 min rest, 2 Laps 1 min rest, 1 Lap
Wed	<b>Get to a yoga studio and do yoga. Become a flexible beast.</b>
Thurs	<b><u>Track Workout</u></b> 10 x 400m @ 2:30 Interval
Fri	<b><u>Ruck</u></b> 4 miles #70 < 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