

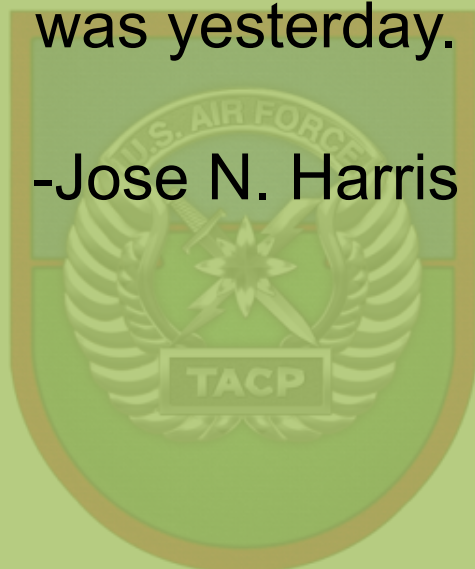


## WORDS TO LIVE BY



I may not be there yet,  
but I'm closer than I  
was yesterday.

-Jose N. Harris



## BADASS OF THE WEEK

### Lt.Col. Matt "The Ghost" Urban US Army WWII

On 14 June, Captain Urban's company, in France, encountered heavy enemy small arms and tank fire. Capt. Urban, realizing that his company was in danger of being decimated, armed himself with a bazooka and destroyed both tanks. Later that day Urban was wounded in the leg by a 37mm tank-gun. He refused evacuation and continued to lead his company until they moved into defensive positions for the night. The next day he was again wounded forcing him to be evacuated to England. In mid-July, while recovering, he learned of his unit's losses. He left the hospital and hitchhiked back to his unit. Limping from his leg wound, he found his company engaged with the enemy. A lieutenant and a sergeant were immediately killed when they tried to mount their tank. Urban mounted the tank ordered it forward and manned the machine gun. He inspired the battalion into action and destroyed the enemy position. On 3 September, the battalion was establishing a crossing-point on the Meuse River. They encountered enemy artillery, small arms and mortar fire which stopped the attack. Capt Urban quickly moved from his command post to the lead position of the battalion. He personally led a charge toward the enemy's strong-point. As they moved Urban was seriously wounded in the neck. Unable to talk above a whisper he refused to be evacuated until the enemy was defeated.

# *Drowning In Beerbaum*

Mon	<b><u>Labor Day</u></b> You do you boo boo
Tues	<b><u>Sprint Swim</u></b> Freestyle 5 x 100m @ 2:15 Freestyle 10 x 50m @ 1:00 Underwaters: 10 @ 1:45
Wed	<b><u>ABU Any Combo</u></b> Underwaters 5 @ 3:00 Underwaters (No Mask) 5 @ 3:00 Submarines
Thurs	<b><u>Endurance Swim</u></b> Underwaters 5 @ 1:45 Freestyle: 4 x 250m @ 6:00 Tread @ 10:00
Fri	<b><u>Test Day</u></b> 550 yd Time Trial Underwaters 20 @ 1:45



# The Big Hart Burn

Mon	<u>Labor Day</u> You do you boo boo
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)
Wed	<u>Fucktional Fitness:</u> Warmup: 50 x 8 Counts <b>Workout #1:</b> Group flutter kicks while 1 member does a 200m farmers carry. Rotate through group 3X. <b>Workout #2:</b> Group pushups while 1 member does tire flips for 50m. Rotate through group 2X. Cooldown: 50 x 8 Counts
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)
Fri	<u>Cals:</u> Chinups: 10 x 7 @ 1:00 Pushups: 5 x 40 @ 2:00 Swimmers 4 x 30s on/ 30s off 3 Rounds: 30 situps, 2 min plank
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)





# Gilligan's Island of Suck

Mon	<b><u>Labor Day</u></b> You do you boo boo
Tues	<b><u>Short Run</u></b> 3 Miles < 21 min
Wed	<b>Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom</b>
Thurs	<b><u>Endurance Run</u></b> 6 Miles @ 80%
Fri	<b><u>Ruck</u></b> 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