

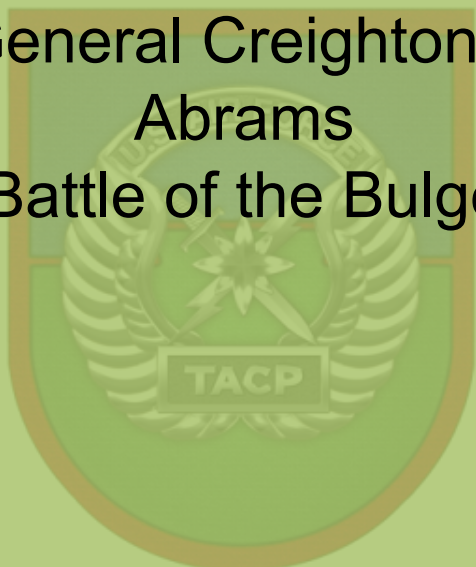


WORDS TO LIVE BY



They've got us surrounded again, the poor bastards.

- General Creighton W. Abrams
(Battle of the Bulge)



BADASS OF THE WEEK

Col. Lewis Millett
US Army WWII.

While personally leading his company in an attack against a strongly held position he noted that the 1st Platoon was pinned down by small-arms, automatic, and antitank fire. Millett ordered the 3d Platoon forward, placed himself at the head of the 2 platoons, and, with fixed bayonet, led the assault up the hill. In the fierce charge Capt. Millett bayoneted 2 enemy soldiers and boldly continued on, throwing grenades, clubbing and bayoneting the enemy, while urging his men forward by shouting encouragement. Despite vicious opposing fire, the whirlwind hand-to-hand assault carried to the crest of the hill. His dauntless leadership and personal courage so inspired his men that they stormed into the hostile position and used their bayonets with such lethal effect that the enemy fled in wild disorder. During this fierce onslaught Capt. Millett was wounded by grenade fragments but refused evacuation until the objective was taken and firmly secured.

Drowning In Beerbaum

Mon	<u>Trial Day</u> 550 Time Trial Treading 5 Min Underwaters 5 @ 1:45
Tues	<u>Sprint Swim</u> Freestyle 5 x 100m @ 2:15 Freestyle 10 x 50m @ 1:00 Hypoxic Freestyle: 50 m with 4 strokes per breath, 6 strokes, 8, 10, 8, 6, 4
Wed	<u>Fins and Confidence</u> Fin 4 x 250 @ 6:00 Underwaters 10 @ 1:45
Thurs	<u>Endurance Swim</u> Freestyle 1000m Treading 10 min
Fri	<u>Ruck</u> 4 miles @ 70 lbs

The Big Hart Burn

Mon	<u>Cals Day</u> Pullups: 10 x 8 @ 1:00 Pushups: 10 x 25 @ 1:00 Core: 3 Rounds 50 Situps, 30 leg lifts, 1:00 plank 8 Count BB: 50
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)
Wed	<u>Fucktional Fitness:</u> 4 Rounds: Row 3 min, Leg Lifts 3 min, Sand Bag Shoulder Tosses @ 80 lbs 3 min, Flutter Kicks 3 min
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)
Fri	<u>Endurance:</u> Weighted Pullups: 6 x 8 @ 25 lbs Weighted Pushups: 5 x 20 @ 25 lbs 150 8 Count BB Row 500m for time
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)



Gilligan's Island of Suck

Mon	<u>Time Trial</u> 4 Miles
Tues	<u>Track Workout</u> 100m Sprint, 300m Jog - 200m Sprint, 200m Jog - 300m Sprint, 100m Jog - 400m Sprint, 400m Jog - 300m Sprint, 100m Jog - 200m Sprint, 200m Jog - 100m Sprint
Wed	Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom
Thurs	<u>Endurance Run</u> 5 Miles @ 80%
Fri	<u>Recovery Run</u> 30 min Jog or Bike or Row Relaxed Pace

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