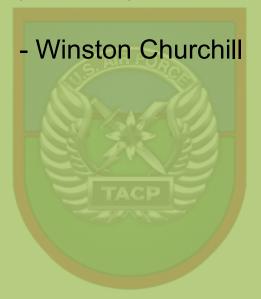


### WORDS TO LIVE BY BADASS OF THE WEEK



Never in the field of human conflict was so much owed by so many to so few.



#### Ivan Pavlovich Cook USSR WWII

Ivan was a cook for the 91st Regiment of the Red Army in the World War II. On August, 1941 while he was cooking dinner, he saw a German tank which had stalled near his kitchen. He picked up an axe and a rifle; and waited for the enemy to get out of the tank to fix it. He charged and the Germans were terrified of the axewielding Soviet running at them. The Germans got into the tank and started firing the machine gun. Ivan jumped on the tank, covered the observation hole by a tarpaulin and ordered his "imaginary" comrades to pass on the grenades. He forced them to surrender while under the pretense that the whole Red Army was waiting for them outside. Crazy or genius?.

# Drowning In Beerbaum

TO THE WORLD SEE SHE SHE SHE SHE WAS A SHE SHE SHE WAS A SHE SHE SHE WAS A SHE WAS A SHE SHE SHE SHE SHE SHE WAS A SHE					
Mon	Trial Day  550 Time Trial  Treading 10 Min  Underwaters 5 @ 1:30				
Tues	Sprint Swim Freestyle 5 x 100m @ 2:15 Freestyle 10 x 50m @ 1:00 Hypoxic Freestyle: 50 m with 2 strokes per breath, 4 strokes, 6, 8, 10, 8, 6, 4, 2				
Wed	Fins and Confidence Fin 4 x 250 @ 6:00 Tread with weights 5 sets @ 1:00				
Thurs	Endurance Swim Freestyle 1000m @ 80% effort				
Fri	Ruck 4 miles @ 50 lbs < 48 min 100 8 Count BB				

T	he	Big	Har	

Pushups: 5 x 30 @ 1:15 Cals Day Diamond Pushups: 5 x 15 Regular Pull ups: 5x7 Core: 3 Rounds 50 Mon Wide Pullups: 5x7 Situps, 50 flutter kicks, Narrow: 5x7 1:00 plank Towel pull ups: 5x7 8 Count BB: 50 Uncle Ricky's Danger Dungeon: Level A Tues (Adjust Weight to Ability) **Fucktional Fitness:** 4 Rounds: 10 Hammer Strikes, 50 yard tire flips, 12 Wed Dips, 6 Helicopter Pull ups, 50 yard bear crawl, 50 yard backwards bear crawl Rest 1 min between sets **Uncle Ricky's Danger Dungeon: Level B** Thurs (Adjust Weight to Ability) **Endurance:** Weighted Pullups: 5 x 9 @ 25 lbs Fri Weighted Deficit Pushups: 6 x 10 @ 25 lbs 150 8 Count BB Row Ladder 800, 600, 400, 200, 400, 600, 800 **Uncle Ricky's Danger Dungeon: Level C** Sat (Adjust Weight to Ability)



Mon	1 Mile Repeats 4 x 1 mile @ 10:00 min	
Tues	Track Workout 200 @ 2:00, 400 @ 2:30, 600 @ 3:00, 800 @ 3:30, 600 @ 3:00, 400 @ 2:30, 200 @ 2:00	
Wed	Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom	
Thurs	Endurance Run 6 Miles @ 70%	
Fri	Recovery Day 30 min Jog or Bike or Row Relaxed Pace	

## UNCLE RICKY'S DANGER DUNGEON

		) W				
Š		9				
Uncle Ricky's Danger Zone: Level A						
	Weight	Rounds x Reps				
Exercise	135	1 x 15-20				
	155	1x 12				
Flat Bench	185	1 x 10				
		6/4				
	50/60	3 x 5				
Incline Static Press	70/80	3 x 4				
1	80/90	3x3				
	25/30/side (High Pos)	15/12/10				
Standing Cable Fly	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						
V 2	Weight	Rounds x Reps				
<b>Exercise</b>	135	20				
	185	15/12				
Stiff Leg Dead Lift	225	10/8				
Llan v Ola an	95-135	15/12				
Hang Clean	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						
	Weight	Rounds/Reps				
Exercise	135	15				
Box Squat	185	12				
23.75 (4.33)	225	10				
	205	12				
Walking Lunge/Squat	95	5 x Tobatta 40on/20off				
Thruster	95	15/12/10				
	135	3 x 5				
Docallift	135/185	20/15 12/10				
Deadlift	205/225 275/315	3 x 5				
	80	15				
Hamstring Curl	As Needed	15/12/10/12				
	, 10 1100000	13/12/10/12				