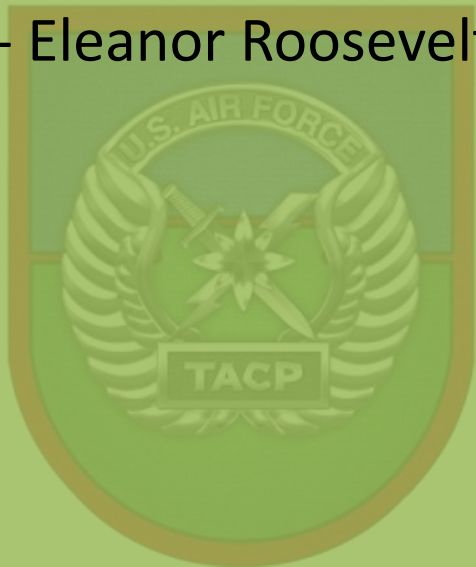




WORDS TO LIVE BY



You must do things you
think you cannot do
- Eleanor Roosevelt



BADASS OF THE WEEK

Henry Johnson US Army WWI

On May 14, 1918, Johnson and Needham Roberts were serving sentry duty in the Argonne Forest. Just after 2 a.m. the duo was attacked by a detachment of some 20 German troops. Both men had soon been wounded—Roberts so severely that he was unable to stand or shoot—but Johnson fought back with hand grenades and his rifle. Despite being shot several times, he returned fire until his weapon jammed, and then used it as a club and fought until it broke into pieces. When the Germans were trying to take Roberts prisoner, Johnson used his bolo knife and slashed and stabbed several men until they fell back. When the dust cleared, Johnson had inflicted at least a dozen casualties on the Germans and suffered 21 wounds from gunfire and bayonets.

DROWNING IN BEERBAUM

Mon	<p><u>Time Trial</u></p> <p>550 Time Trial, 5 min Rest, 550 Time Trial Trading 10 min while singing/talking/ jodies practice Underwaters 5 @ 1:30</p>
Tues	<p><u>Sprint Swim</u></p> <p>Freestyle 50, 100, 150, 200, 250, 250, 200, 150, 100, 50 Freestyle 10 x 50 @ 1:00 Underwaters: 10 @ 1:45</p>
Wed	<p><u>Fin Day</u></p> <p>Fin 1000 @ 80% Weighted treading 3 sets @ 1:00 Flooded mask treading 3 sets @ 2:00</p>
Thurs	<p><u>Endurance Swim</u></p> <p>Underwaters 10 @ 1:45 Freestyle 1000m @ 80% AMRAP: (20 minutes with flooded mask) 100m freestyle sprint, 50 flutter kicks, 25 pushups</p>
Fri	<p><u>Ruck Day</u></p> <p>Ruck 1.5 miles @ 70 lbs/ 100 8 Counts/ Ruck 1.5 miles @ 70 lbs</p>

The Big Hart

	<u>Cals Day</u>
Mon	<p>Pushups: 5 x 40 @ 2:00 Diamonds: 3 x 25 Pull ups: 6, 10, 12 Chin ups: 6, 10, 12 Wide: 6, 8, 10 Narrow: 6, 8, 10</p> <p>Core: 3 Rounds: 50 flutter, 50 situps, 1:30 plank</p> <p>3 Rounds each side: 30 side crunches, 1 min plank</p> <p>8 Count BB: 50</p>
Tues	<p><u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)</p>
Wed	<p><u>Fucktional Fitness:</u> Warmup: 50 x 8 Counts 5 Rounds: 50 yd Bear Crawl, 50 yd Sled push or Tire Flip, 20 chest to ground pushups, 400m @ <1:30, 25 squats</p>
Thurs	<p><u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)</p>
Fri	<p><u>Cals:</u> Weighted @ 25 lbs (4 counts during negatives) 5 x 6 pull-ups, 5 x 6 chin-ups 5 x 15 push-ups, 150 8 Count BB Row 5 x 500m @ 2:30 interval</p>
Sat	<p><u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)</p>



Gilligan's Island of Suck

Mon	<u>Time Trial Day</u> 4 mile Time Trial
Tues	<u>Track Workout</u> 800m warmup (Even pace for laps overall) 4 laps/ rest 3 min 3 laps/ rest 2 min 2 laps/ rest 1 min 1 lap
Wed	Get to a yoga studio and do yoga. Become a flexible beast.
Thurs	<u>Endurance Run</u> 6 miles @ 70%
Fri	<u>Recovery Day</u> Run or Bike or Row for 30 min @ 70%

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