



WORDS TO LIVE BY



When something is
important enough, you
do it even if the odds are
not in your favor.

- Elon Musk



BADASS OF THE WEEK

Santiago Erevia

US Army Vietnam War

During a mission near Tam Ky, Republic of Vietnam on May 21, 1969. After breaching an insurgent perimeter, Erevia was designated to render first aid to several casualties, and the rest of the platoon moved forward. As he was doing so, he came under hostile fire from four bunkers to his left front. With enemy fire directed at him, he proceeded to crawl from one wounded man to another, gathering ammunition. Armed with two M-16 rifles and several hand grenades, he charged the enemy until he was near the first bunker. He pulled the pin from a hand grenade to drop the grenade into the bunker, destroying the fortification. He employed identical tactics as he proceeded to eliminate the next two enemy positions. Under fire from the fourth position he silenced the occupant within the fortification at point blank range. Through his heroic actions the lives of the wounded were saved and the members of the Company Command Post were relieved from a very precarious situation.

DROWNING IN BEERBAUM

Mon	<u>Time Trial</u> 500m Time Trial Tread 5 min: Add weight every min Underwaters 5 @ 1:30
Tues	<u>Sprint Swim</u> Freestyle 10 x 50m @ 1:15 Freestyle 10 x 100m @ 2:30 Underwaters: 3 @ 1:20
Wed	<u>Fin Day</u> Fin 5 x 200 @ 5 min Weighted Treading 5 @ 1:00 10 Underwaters @ 1:45
Thurs	<u>Endurance Swim</u> Freestyle 1200m @ 80% Hypo Swim @ 6 strokes: 50, 100, 150, 200, 150, 100, 50 Rest PRN
Fri	<u>Ruck Day</u> Ruck 2 miles @ 60 lbs 50 reps: 8 Counts, Flutter Kicks, Pushups, Leg Lifts, Squats Ruck 2 miles @ 60 lbs

The Big Hart

Mon	<u>Cals Day</u>		
	Pullups 1 min interval (Add 1 every min to max): Regular Wide Narrow Chinup Towel Pullup	Pushups: Regular 10,20,30,40,50 Wide 8,16,24,32,40 Diamond 6,12,18,24,32 Clapping 4,8,12,16,24	5 Rounds: Flutter Kicks 20 Situps 30 Side Planks 1 min Plank 1 min
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)		
Wed	<u>Fucktional Fitness (ABUs):</u> 5 Rounds: 8 Pullups, 30 yd Tire Flip, 50 yd Bear Crawl, 10 Eight Counts, Run 400 meters		
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)		
Fri	<u>AMRAP:</u> 30 Minutes(Every 5 minutes do 10 Eight Counts): 25 Flutter Kicks, 25 Pushups, 250 m row, 6 pullups, 10 dips		
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)		





Gilligan's Island of Suck

Mon	<u>Mid Distance:</u> 5 miles @ 70%
Tues	<u>Track Workout</u> 400m warmup 4 x 200m @ 1:30 interval 3 x 400m @ 3:00 interval 2 x 800m @ 5:00 interval 10 min recovery jog Stretch
Wed	Get to a yoga studio and do yoga. Become a flexible beast.
Thurs	<u>Endurance Run</u> 5 miles @ 80% Stretch
Fri	<u>Recovery Day</u> Run or Bike or Row for 30 min @ 70%

UNCLE RICKY'S DANGER DUNGEON

Level A	Level B	Level C
Alt Med Ball Pushups 2 x 10	Medicine Ball Slam 2 x (50 sec on 10 sec off)	Box Jump 3 x 8
4 Rounds: Flat Bench #135 – 165 @ 10 Pushups 2 min or 56 (Which ever is first) Forward Leaning Rest 1 min	Wall Ball 2 x (40 sec on, 20 sec off) Deadlift #135 @ 15 #185 @ 10 #225 @ 2 x 6	Squat #135 @ 15 #185 @ 10 #225 @ 2 x 6
Smith Machine Bent Over Row 12, 10, 8	Clean and Press #75 – 135 @ 12, 10, 8	Deadlift #135 @ 15 #185 @ 10 #225 @ 2 x 6
Close Grip Flat Bench #135 @ 4 x 6	Thruster #75 – 135 @ 3 x 8	3 Rounds:
Manmakers #30 @ 3 x 12	Back Extensions No Weight @ 20 #10 – 25 @ 2 x 12 No Weight @ 20	Lunge #75 – 135 @ 5 per side
	Seated Wide Grip Cable Row Increase Weight Each Set 15, 12, 10	Squat #75 – 135 @ 5
	Wide Grip Pullups 8, 6, 4, 2	Wall Sit Add Weight until Failure 30 sec on 1 min off
	Swimmers 3 x (30 sec on/ 30 sec off)	

