



## WORDS TO LIVE BY



Valor lies just halfway  
between rashness and  
cowardice.

- Miguel de Cervantes



## BADASS OF THE WEEK

SSgt Sean Harvell

USAF CCT 2007

The second man in the global war on terrorism to receive two Silver Stars and the first in the USAF to do so. The first he earned for successful directing a HH-60 medical evac and utilizing F-18 strafing runs within 45 ft of his position during a ten hour firefight. Then 3 weeks later while recovering a CH-47 helicopter and it's Army crew he was wounded and knocked unconscious by a rpg. After regaining consciousness and suffering from multiple wounds he returned fire with his M-4, M-12 shotgun and grenades while directing danger-close air attacks.

He earned his second silver star for his actions in an 8 hour firefight while clearing a compound. While Taliban reinforcements arrived Harvell and his team withdrew from the compound. Sgt Harvell was the last to leave the compound. Once he had crossed the 200 yd clearing outside the compound he directed A-10 and AC-130 fire to eliminate the attacking insurgents. My summaries of these events doesn't do his actions justice. Here is the link.

[SSgt Sean Harvell Silver Star Citations](#)

# DROWNING IN BEERBAUM

Mon	<b><u>Time Trial</u></b> 2x300 1 min break Tread 5 min: Add weight every min Underwaters 5 @ 1:30
Tues	<b><u>Sprint Swim</u></b> Freestyle 10x25 @ 0:40 (focus on form) Freestyle 5 x 200m @ 5 min Underwaters: 3 @ 1:20
Wed	<b><u>Fin Day</u></b> Fin 5 x 200 @ 5 min Weighted Treading 5 @ 1:00 10 Underwaters @ 1:45
Thurs	<b><u>Endurance Swim</u></b> Freestyle 1200m @ 80% Hypo Swim @ 6 strokes: 50, 100, 150, 200, 150, 100, 50 Rest PRN
Fri	<b><u>Ruck Day</u></b> 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>		
	Max Out Pullups <b>Pullups</b> (4 Rounds @ 60% Max): Regular Wide Narrow Chinup	Max Out Pushups <b>Pushups</b> (4 Rounds @ 60% Max): Regular Wide Diamond Clapping	5 Rounds: 30 Sit Ups 20 Half Sit Ups 30 Russian Twists 20 Flutter Kicks
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)		
Wed	<u>Fucktional Fitness (ABUs):</u> <b>6 Rounds:</b> 6L/6R Sandbag Get Ups, 50 yd sled push 125-160 lbs, 1 min front leaning rest, 20 push ups, run 300 m.		
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)		
Fri	<u>AMRAP:</u> 30 Minutes: 10 pull ups, 500 m row, 25 push ups, 500 m row, 15 jumping lunges		
Sat	<u>Uncle Ricky's Danger Dungeon: Level C</u> (Adjust Weight to Ability)		





# *Gilligan's Island of Suck*

Mon	<b><u>Mid Distance:</u></b> 4 miles @ 80%
Tues	<b><u>Track Workout</u></b> 400m warmup 6 x 400m @ 3:00 interval 3 x 800m @ 5:00 interval 10 min recovery jog Stretch
Wed	<b>Get to a yoga studio and do yoga. Become a flexible beast.</b>
Thurs	<b><u>Endurance Run</u></b> 6 miles @ 80% Stretch
Fri	<b><u>Recovery Day</u></b> Run or Bike or Row for 30 min @ 70%

# UNCLE RICKY'S DANGER DUNGEON

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

