



WORDS TO LIVE BY



It is during our darkest moments that we must focus to see the light.

- Aristotle



BADASS OF THE WEEK

TSgt Eric Brandenburg

USAF TACP 2003

Sergeant Brandenburg's company began receiving fire as the first wave of Iraqis approached to within 30 meters of his position and with rpg's exploding directly over him, Brandenburg engaged the enemy with his personal weapon while simultaneously requesting and controlling close air support. Throughout the next 72 hours he moved to forward vantage points exposing himself to artillery barrage while simultaneously directing as many as 17 aircraft at one time. On the third morning of the assault they received artillery fire, over 300 rounds within 8 hours. After being blown into the air by an artillery shell, he continued to move forward without cover to control airstrikes against the enemy. As a result, Sergeant Brandenburg was responsible for more than 200 enemy casualties and the destruction of twenty tanks, ten 155-millimeter artillery, twenty mortar tubs, ten military vehicles, fifteen buildings, two boats and a radar dish. His skill and situational awareness were decisive in the battle and ensured mission success and the safety of 152 Rangers.

DROWNING IN BEERBAUM

Mon	<u>Time Trial</u> 550 Time Trial Tread 5 min: Add weight every min Underwaters 5 @ 1:30
Tues	<u>Sprint Swim</u> Freestyle 10x25 @ 0:40 (focus on form) Freestyle 10 x 100m @ 2:15 min Underwaters: 3 @ 1:20
Wed	<u>Fin Day</u> Fin 6 x 200 @ 5 min Treading 3 @ 2:00 (Hands Up) 8 Underwaters @ 1:45
Thurs	<u>Endurance Swim</u> Freestyle 20min @ 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 Burn

	<u>AMRAP Day</u>	
	<u>20 Min</u>	<u>10 Min</u>
Mon	5 Pullups 10 Pushups 15 Squats	30 Sec Side Planks 1 Min Front Plank 10 Leg Raises w/ 4 sec negative 30 Sit ups 25 4 Count Flutters (Hands Up)
Tues	<u>Uncle Ricky's Danger Dungeon: Level A</u> (Adjust Weight to Ability)	
Wed	<u>10 Rounds For Time</u> Sprint 100 m 10 Pullups Sprint 100 m 10 Burpees Rest 30 Sec	
Thurs	<u>Uncle Ricky's Danger Dungeon: Level B</u> (Adjust Weight to Ability)	
Fri	<u>For Time</u> (Every 5 min stop to do 20 pushups and 6 pullups then continue) Row 1000m, 20 Ball Slams (45lb) Row 800m, 20 Ball Slams (45lb) Row 600m, 20 Ball Slams (45lb) Row 400m, 20 Ball Slams (45lb) Row 200m, 20 Ball Slams (45lb)	
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 < 7 min		
Tues	<u>Endurance Run</u> 8 miles @ 80% Stretch		
Wed	Get to a yoga studio and do yoga. Become a flexible beast.		
Thurs	<u>Ladder Workout</u> 800m warmup <div> <div> 200 @ 1:30 400 @ 2:15 600 @ 3:00 800 @ 3:45 1000 @ 4:30 </div> <div>Then</div> <div> 1000 @ 4:15 800 @ 3:30 600 @ 2:45 400 @ 2:00 200 </div> </div> 1 mile recovery jog 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	Back Extensions No Weight @ 20 #10 – 25 @ 2 x 12 No Weight @ 20	Thruster #75 – 135 @ 3 x 8
Manmakers #30 @ 3 x 12	Seated Wide Grip Cable Row Increase Weight Each Set 15, 12, 10	3 Rounds: Lunge #75 – 135 @ 5 per side
	Wide Grip Pullups 8, 6, 4, 2	Squat #75 – 135 @ 5
	Swimmers 3 x (30 sec on/ 30 sec off)	Wall Sit Add Weight until Failure 30 sec on 1 min off

