

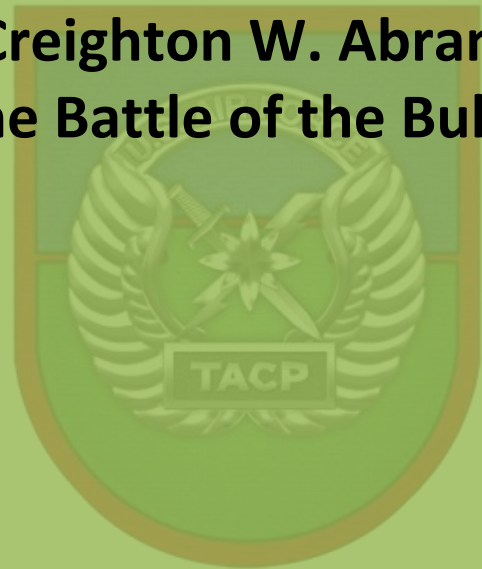


## WORDS TO LIVE BY



They've got us surrounded again, the poor bastards.

**- Creighton W. Abrams, the Battle of the Bulge**



## BADASS OF THE WEEK

For all you active duty guys who have heard / gotten decorations that sound ridiculous to you... "For managing 54 accounts and clicking on 127,000 fedex tracking links..."

Here is what a Silver Star dec for being a badass combat controller looks like...

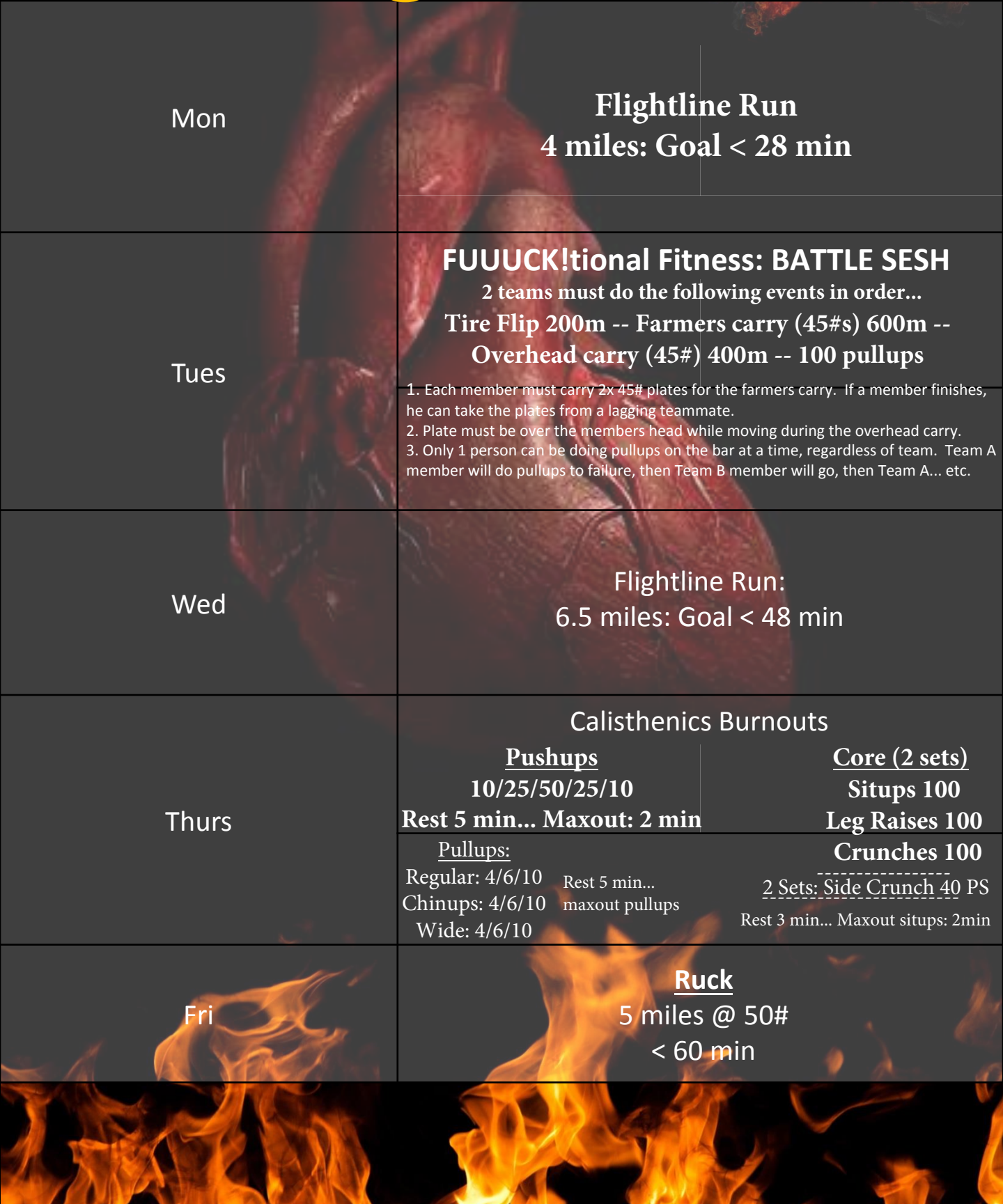
### SrA Dustin Temple

As overwhelming hostile fire continually suppressed his team, Airman Temple broke the assault on many occasions with danger close air support from F-16s, AH-1s, AC-130s and an MQ-1. Following a teammate being gravely wounded by a sniper, he put himself directly in the line of fire, and dragged his wounded teammate from the rooftop. With the evacuation helicopter inbound, Airman Temple again risked his own life to save his teammate, by carrying him across one hundred meters of open terrain. Despite overwhelming and accurate enemy machine gun fire, he remained on the open landing zone, providing covering fire while his teammates pulled back. After he returned to the compound, enemy fighters surged within 40 meters after intercepted communications stated, "Take the Americans alive." Airman Temple immediately directed F-16s in danger close strafing runs, killing one insurgent and repelling the assault. As supplies dwindled, he braved open terrain again to retrieve critical ammunition from a resupply helicopter. With continuous machine gun fire, he and a teammate sprinted into the open and dragged the supplies off the aircraft; however, unable to carry the entire load, they withdrew back to cover. Airman Temple called in danger close fires from F-16s to cover his team as they went out to retrieve the remaining ammunition. Despite the continuous machine gun fire, Airman Temple and two teammates again ran into open terrain to retrieve the remainder of the supplies for a second time. At the end of the 48-hour engagement, he controlled 28 attack helicopters and 20 fixed wing assets for a total of 26 engagements while safely employing munitions at danger close range 75 times. Airman Temple's heroic and selfless actions directly resulted in confirmed 10 enemy fighters killed, and another eight estimated killed, while saving the lives of 38 friendly forces. Through his extraordinary heroism, superb Airmanship, and aggressiveness in the face of the enemy, Airman Temple has reflected the highest credit upon himself and the United States Air Force.

# Drowning In Beerbaum

Mon	<p><b><u>Water Con Day</u></b> Underwaters: 5 @ 2:00 Mask and snorkel: 2 @ 20m Buddy Breathing: 2 rounds @ 1:30 medium harassment Treading Training</p>
Tues	<p><b><u>Swim Day</u></b> Underwaters: 2 sets of 3 @ 1:45 (5 min rest between) Freestyle: 4 x 250m (pool fins if possible) Finning: 5 x 100m @ 2:30 (rocket fins) Crossovers: 10 @ 1:15 (25yd)</p>
Wed	<p><b><u>ABU Top/Booties</u></b> 10 ups practice (<b>SLICK</b>) Underwaters: 5 @ 3:00 Buddy Breathing: 2 rounds @ 2:00 mild harassment Underwater football (<b>SLICK</b>)</p>
Thurs	<p><b><u>Swim Day</u></b> Underwaters: 5 @ 2:00 Freestyle: 1000m Mask and snorkel: 2 @ 20m Pass the Snorkel Drill</p>
Fri	<p><b><u>Friday Fun</u></b> Buddy Brick Drownproofing Drills Underwater football</p>

# The Big Hart



Mon

**Flightline Run**  
4 miles: Goal < 28 min

Tues

**FUUUCK!tional Fitness: BATTLE SESH**

2 teams must do the following events in order...

**Tire Flip 200m -- Farmers carry (45#s) 600m --**

**Overhead carry (45#) 400m -- 100 pullups**

1. Each member must carry 2x 45# plates for the farmers carry. If a member finishes, he can take the plates from a lagging teammate.
2. Plate must be over the members head while moving during the overhead carry.
3. Only 1 person can be doing pullups on the bar at a time, regardless of team. Team A member will do pullups to failure, then Team B member will go, then Team A... etc.

Wed

**Flightline Run:**  
6.5 miles: Goal < 48 min

Thurs

**Calisthenics Burnouts**

Pushups

10/25/50/25/10

Rest 5 min... Maxout: 2 min

Core (2 sets)

Situps 100

Leg Raises 100

Crunches 100

Pullups:

Regular: 4/6/10

Chinups: 4/6/10

Wide: 4/6/10

Rest 5 min...

maxout pullups

2 Sets: Side Crunch 40 PS

Rest 3 min... Maxout situps: 2min

Fri

Ruck

5 miles @ 50#

< 60 min



# Gilligan's Island of Suck

<p>Mon</p>	<p style="text-align: center;"><b><u>Calisthenics</u></b></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;"><b><u>Pushups</u></b></p> <p style="text-align: center;">10/20/30/40/50/40/30/20/10</p> <p style="text-align: center;">Up to 2 min rest between sets</p> </td> <td style="width: 50%; border: none; vertical-align: top;"> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;"><b><u>2 rounds:</u></b></p> <p style="text-align: center;">Situps 100</p> <p style="text-align: center;">Leg Raises 100</p> <p style="text-align: center;">Crunches 100</p> </td> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;"><b><u>Core</u></b></p> <p style="text-align: center;"><b><u>3 sets:</u></b></p> <p style="text-align: center;">Side crunches 60 PS</p> <p style="text-align: center;">Swimmers 30</p> </td> </tr> </table> </td> </tr> </table>	<p style="text-align: center;"><b><u>Pushups</u></b></p> <p style="text-align: center;">10/20/30/40/50/40/30/20/10</p> <p style="text-align: center;">Up to 2 min rest between sets</p>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;"><b><u>2 rounds:</u></b></p> <p style="text-align: center;">Situps 100</p> <p style="text-align: center;">Leg Raises 100</p> <p style="text-align: center;">Crunches 100</p> </td> <td style="width: 50%; border: none; vertical-align: top;"> <p style="text-align: center;"><b><u>Core</u></b></p> <p style="text-align: center;"><b><u>3 sets:</u></b></p> <p style="text-align: center;">Side crunches 60 PS</p> <p style="text-align: center;">Swimmers 30</p> </td> </tr> </table>	<p style="text-align: center;"><b><u>2 rounds:</u></b></p> <p style="text-align: center;">Situps 100</p> <p style="text-align: center;">Leg Raises 100</p> <p style="text-align: center;">Crunches 100</p>	<p style="text-align: center;"><b><u>Core</u></b></p> <p style="text-align: center;"><b><u>3 sets:</u></b></p> <p style="text-align: center;">Side crunches 60 PS</p> <p style="text-align: center;">Swimmers 30</p>
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<p>Thurs</p>	<p style="text-align: center;"><b><u>Track workout: 6 sets: no walking</u></b></p> <p style="text-align: center;">Run 800m: Goal &lt; 3:15</p> <p style="text-align: center;">Light Jog 3 min</p>				
<p>Fri</p>	<p style="text-align: center;">30 minute recovery run</p> <p style="text-align: center;">@ 60% effort</p> <p style="text-align: center;">-----</p> <p style="text-align: center;">Stretch 20 minutes</p>				