



## WORDS TO LIVE BY



Strength does not come from physical capacity. It comes from an indomitable will.

- Mahatma Gandhi

## BADASS OF THE WEEK

MSgt Israel Del Toro

TACP USAF December 2005

Del Toro was deployed to Forward Operating Base Lagman, Afghanistan. He was part of a scout team sent to investigate intelligence that the Taliban were using a supply route in the mountains. Del Toro's group was on its way to pick up the rest of their team on top of the mountain when his vehicle hit a roadside bomb just after passing a creek. When Del Toro got out of the vehicle, he was completely on fire. His lieutenant helped him up, and they both jumped in the creek. Both the primary and secondary radios had been destroyed, making it impossible to call in air support for the team on top of the mountain that was caught in crossfire. An Army private with a radio became Del Toro's mouthpiece. He eventually got a hold of Lagman, and they said, 'Hey, tell Gunslinger [Del Toro's call sign] he has A-10s and British airm coming in.' That was the last action Del Toro took that day. After the trauma of the blast, the third-degree burns covering 80 percent of his body, and the frigid dip in the creek, his body began to shut down. He woke up again in March 2006.

# Drowning In Beerbaum

Mon	<p><b><u>Water Con Day</u></b> Underwaters 5 @ 1:45 Buddy Breathing @ 2:00 Violent Harassment Tread Training</p>
Tues	<p><b><u>Swim Day</u></b> Freestyle 5 x 200m @ 5:00 Fin 5 x 200m @ 5:00</p>
Wed	<p><b><u>ABU Any Combo</u></b> Underwaters 5 @ 3:00 Buddy Breathing @ 2:00 Violent Harassment Tread Training</p>
Thurs	<p><b><u>Swim Day</u></b> Underwaters 3 sets of 3 @ 1:30 Fin 4 x 250m @ 6:00 Fin Tread 30s On/ 1min Off/ 1min On/ 2min Off/ 2 min On 15 min Stretch and Roll</p>
Fri	<p><b><u>FUN DAY/ WEAKNESS WORK</u></b> Underwaters 10 @ 1:45 Make your weaknesses your strengths</p>



# The Big Hart



Mon	<p><b><u>Cals</u></b> Pushups 60, 50, 40, 30, 20, 10 Pullups 12, 11, 10, ..., 1 Planks: Front, Sides, Lazy Sit (3 sets @ 1:00) 150 Situps</p>
Tues	<p><b><u>Uncle Ricky's Danger Dungeon: Level A</u></b> (Adjust Weight to Ability)</p>
Wed	<p><b><u>Fucktional Fitness:</u></b> <b>Warmup:</b> 100 yd tire flip, 2 X 100 yd Buddy Carry <b>4 ROUNDS:</b> 5 per side SBGU 300 yd SB Fireman Carry <b>Cooldown:</b> 5 x 10 8 Counts @ 1:30</p>
Thurs	<p><b><u>Uncle Ricky's Danger Dungeon: Level B</u></b> (Adjust Weight to Ability)</p>
Fri	<p><b><u>Tabatta 5 Rounds 45s on/ 15s off:</u></b> Russian Twists, Side Plank, Front Plank, V Ups <b><u>GnGs 2 Rounds 40s On/ 20s Off:</u></b> Iron Mikes, FWD Roll, G-Downs, FWD Roll, Leg Lift Hold, FWD Roll</p>
Sat	<p><b><u>Uncle Ricky's Danger Dungeon: Level C</u></b> (Adjust Weight to Ability)</p>





# Gilligan's Island of Suck

Mon	<p><b><u>Time Trial</u></b> 6 miles run &lt; 42 min</p>
Tues	<p><b><u>Track Workout</u></b> 1 mile warmup @ 7:00 3 X 400m sprint/400m recovery between 6 X 200m sprint/200m recovery between</p>
Wed	<p><b>Rest and be a Stretchy Scurve Fucking Stretch Everything Top to Bottom</b></p>
Thurs	<p><b><u>Track</u></b> 10 x 400m @ 3:00 Interval</p>
Fri	<p><b><u>Ruck</u></b> 6 miles #40 &lt; 1:20 min</p>

# 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		5 x 7

## 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
V-Ups	BW	15/12/12/10
V-Ups W/ Stability Ball BW		4 x 10

## 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 As Needed	15 15/12/10/12