



WORDS TO LIVE BY

I want you to back yourself into a corner. Give yourself no choice but to succeed. Let the consequences of failure become so dire and so unthinkable that you'll have no choice but to do whatever it takes to succeed.

- Jordan Belfort aka
The Wolf of Wallstreet

BADASS OF THE WEEK

Sgt David B. Bleak

US Army Medic Korean War

As a medic, he joined a recon patrol committed to engage the enemy and capture a prisoner for interrogation.

Forging up a rugged slope of the key terrain, the group came under automatic weapons and small arms fire and suffered several casualties. After aiding the wounded, he continued to advance with the patrol. Nearing the crest of the hill, while attempting to reach more wounded, he came under hostile fire from a small group of the enemy in a trench. Entering the trench he killed 2 with bare hands and a third with his trench knife. Moving from the trench, he saw a concussion grenade fall in front of a companion and shielded the man from the impact of the blast. Later, while tending to a wounded, he was struck by a hostile bullet and continued to evacuate the wounded comrade. As he moved down the hill with his comrade, he was attacked by 2 enemy soldiers with fixed bayonets. As they neared, he grabbed them and smacked their heads together, then carried comrade down the hill to safety.

DROWNING IN BEERBAUM

Mon	<p><u>Water Con Day</u> Buddy Breathing @ 2:00 Violent Harassment Be a buddy breathing beast Underwaters: 5 x 1:45</p>
Tues	<p><u>Swim Day</u> Freestyle: 500m Fin: 500m Underwaters: 4 Sets of 3 @ 1:30</p>
Wed	<p><u>ABU Any Combo</u> Underwaters 5 @ 3:00 10 Ups Buddy Breathing @ 2:00 Violent Harassment</p>
Thurs	<p><u>Get Uncomfortable Day</u> Drownproof Training Buddy Breathing</p>
Fri	<p><u>FUN DAY/ WEAKNESS WORK</u> Underwaters 10 @ 1:45 Make your weaknesses your strengths</p>

The Big Hart

Mon	<p><u>Cals</u></p> <p>Pullups: 10 x 6 on a 1 min interval</p> <p><u>3 Supersets per side of:</u></p> <p>30 side crunches and 1 min side planks</p>
Tues	<p><u>Uncle Ricky's Danger Dungeon: Level A</u></p> <p>(Adjust Weight to Ability)</p>
Wed	<p><u>Fucktional Fitness:</u></p> <p>Warmup: 5 X 15 8 Counts on 2:30 interval</p> <p>3 Rounds: 10 SBGUs per side/ 300 yd SB Carry/ 50yd sled push (185 lbs)/ 50 yd FWD Roll</p>
Thurs	<p><u>Uncle Ricky's Danger Dungeon: Level B</u></p> <p>(Adjust Weight to Ability)</p>
Fri	<p><u>Cals:</u></p> <p>3 x 1:30 side plank each side rest 1:00</p> <p>4 Rounds 30s On/ 30s Off of Swimmers</p> <p>3 supersets: 20 Half crunches, 2:00 plank</p> <p>5 x 25 pushups @ 1:00 min</p>
Sat	<p><u>Uncle Ricky's Danger Dungeon: Level C</u></p> <p>(Adjust Weight to Ability)</p>





Gilligan's Island of Suck

Mon	<p><u>Time Trial</u> 3 Miles (Give it your all)</p>
Tues	<p><u>Track Workout</u> 5 x 800m @ Race Pace with a 400m recovery run between 800s</p>
Wed	<p>Get to a yoga studio and do yoga. Become a flexible beast.</p>
Thurs	<p><u>Track Workout</u> 10 x 400m @ 2:30 Interval</p>
Fri	<p><u>Ruck</u> 4 miles #60 < 50 min to 1 hr</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		3 x 10 Per Side

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

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	15
	As Needed	15/12/10/12