



The Dirty Scurve

WORDS TO LIVE BY

BADASS OF THE WEEK



You dream. You plan. You reach.

There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.

Michael Phelps

Mario Gutierrez's

In 2013, would-be mass killer Dominique Jean went crazy and set fire to a gas station forecourt in Florida. His intention was to blow the whole thing up and take a whole load of people with him. Officer Mario Gutierrez just happened to be passing and in the mood to hand out an ass-kicking. He took one look at this madman walking through a sea of fire toward the highly explosive underground tanks and jumped right on it.

What followed was like the climax to a *Lethal Weapon* flick. Surrounded by fire, Gutierrez charged headlong into Jean, knocking him to the ground. Unfortunately for the officer, his enemy was armed to the teeth. Jean repeatedly stabbed Gutierrez with a gigantic knife, causing him devastating injuries. Yet Gutierrez kept right on fighting. Every time Jean tried to leave his bloodied corpse and make a bee-line for the gas tanks, Gutierrez got right back to his feet and tackled him down again. Eventually, surrounded by an inferno, the officer finally managed to deliver a knockout punch.



SCURVE WORKOUT 1

<p>Mon</p>	<p><u>Lifting Day A</u> Refer to lifting sheet</p>	<p><u>Cals</u> Pull ups- 1,2,3,4,5,4,3,2,1 Wide- 1,2,3,4,3,2,1 Close Grip-1,2,3,2,1 Push ups-10,20,30,40,30,20,10 Wide- 10,20,30,20,10</p>	<p><u>Core</u> 5 Rounds: 25 sit ups 25 half sit ups 1 min plank :30 sec rest</p>
<p>Tues</p>	<p><u>Pool Sprints</u> 5x100m freestyle with :10 sec rest 5x100m fin with :10 sec rest</p>	<p><u>Treading</u> 3 rounds: Tread 1 min hands up/ :30 sec hands down 2 rounds: tread :30 sec hands up/ :30 sec hands down</p>	<p><u>Mask recovery</u> Complete 2 times: Drop mask to bottom of pool and tread 2 min then go down and clear mask</p>
<p>Wed</p>	<p><u>Sprints</u> Run 400m/ rest 1 min Run 800m/ rest 2 min Run 1200m/ rest 3 min Run 1600m/ rest 3 min Run 1200m/ rest 2 min Run 800m/ rest 1 min Run 400m/ done</p>	<p><u>GNG's</u> 5 rounds (use 80-100lbs) 10 Sandbag Front Squat 10 Sandbag Press 10 Sandbag Back Squat 100m Sandbag Carry 100m Bear Crawl</p>	
<p>Thurs</p>	<p><u>Pool Distance</u> 800m freestyle 1000m fin</p>	<p><u>Treading</u> 3 rounds: Tread with fins 1 min Hands up, :30 sec hands down (use weight as needed)</p>	
<p>Fri</p>	<p><u>Kettlebells</u> 2x15 KBS 2x9 Windmills 2x15 Cleans 2x19 Press 1x9 Turkish Getups 1x15 Snatches (Use Dumbbell)</p>	<p><u>Cals</u> TABATA: 8 Rds :20 sec work :10 sec rest Sit ups, Half sit ups, Push ups, Diamond push ups, Flutter Kicks, Plank with 15-25lbs Complete 8 rounds of sit ups then rest 1 min and repeat with half sit ups and so on until all exercises are completed</p>	
<p>Sat</p>	<p><u>Ruck/Run</u> 8 Miles with 35lbs + sledge hammer Every 15 min complete 10 push ups with ruck and 10 presses with ruck or Hammer</p>		



SCURVE WORKOUT 2

<p>Mon</p>	<p><u>Run</u> Complete a 5k Goal is sub 21 min</p>		<p><u>GNG's</u> 3 rds: 50 Hammer Strikes 50yds 1 legged bear crawl 50ft Tire flip 200m Sprint</p>
<p>Tue</p>	<p><u>Kettlebells</u> 8rds: 1 min work/ 1 min rest Complete 30 American kettlebell swings in working min, Kettlebell is not allowed to touch the ground during working min unless all 30 reps are completed</p> <p>Penalty: 1 burpee per Kettlebell swing not completed and 1 burpee each time Kettlebell is put down during work min</p> <p>Complete penalty burpees after completing 8 rds</p>		<p><u>Cals</u> Complete for time 50 pull ups 150 push ups 200 4-count flutter kicks</p> <p>Reps can be broken up however you want</p>
<p>Wed</p>	<p><u>Active Recovery</u> 40-45 min rowing @ 2:45 pace or 30 min run relaxed and/or foam roll and stretch</p>		
<p>Thur</p>	<p><u>Lifting Day B</u> <u>Refer to Lifting Sheet</u></p>	<p><u>Cals</u> 3x5 Pull up 3x5 Wide 3x5 Chin up 3x3 Mnt Climbers each side</p> <p>4rds 10 Diamond 20 Push ups 15 Wide 10 4-count Arm Haulers</p> <p><u>Core</u> 3rds 100m Farmers carry 45lbs each hand :30 sec Front leaning rest 10 perfect push ups 1 min plank 1 min side-plank :30 sec rest</p>	
<p>Fri</p>	<p><u>Run</u> 6 mile LSD @ 75%</p>		



LIFTING CYCLE 1

Week 1	Day A Squat 5x5 @ 50% of 1RM Bench Press 5x5 @ 50% of 1RM Dead Lift 5x5 @ 50% of 1RM	Day B Front Squat 5x5 @ 50% of 1RM Press 5x5 @ 50% of 1RM Power Clean 5x5 @ 50% of 1RM
Week 2	Day A Squat 5x5 @ 60% of 1RM Bench Press 5x5 @ 60% of 1RM Dead Lift 5x5 @ 60% of 1RM	Day B Front Squat 5x5 @ 60% of 1RM Press 5x5 @ 60% of 1RM Power Clean 5x5 @ 60% of 1RM
Week 3	Day A Squat 5x5 @ 70% of 1RM Bench Press 5x5 @ 70% of 1RM Dead Lift 5x5 @ 70% of 1RM	Day B Front Squat 5x5 @ 70% of 1RM Press 5x5 @ 70% of 1RM Power Clean 5x5 @ 70% of 1RM
Week 4	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
Week 5	Day A Squat 5x5 @ 80% of 1RM Bench Press 5x5 @ 80% of 1RM Dead Lift 5x5 @ 80% of 1RM	Day B Front Squat 5x5 @ 80% of 1RM Press 5x5 @ 80% of 1RM Power Clean 5x5 @ 80% of 1RM
Week 6	Day A Squat 5x5 @ 85% of 1RM Bench Press 5x5 @ 85% of 1RM Dead Lift 5x5 @ 85% of 1RM	Day B Front Squat 5x5 @ 85% of 1RM Press 5x5 @ 85% of 1RM Power Clean 5x5 @ 85% of 1RM
De-load Week	Day A Squat 5x5 @ 75% of 1RM Bench Press 5x5 @ 75% of 1RM Dead Lift 5x5 @ 75% of 1RM	Day B Front Squat 5x5 @ 75% of 1RM Press 5x5 @ 75% of 1RM Power Clean 5x5 @ 75% of 1RM
1RM week	Day A Find new 1RM for Squat, Bench Press and Deadlift	Day B Find 1RM for Front Squat, Press and Power Clean