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Subject: Semper Fi?

Posted by [Javaxcx](#) on Wed, 12 Mar 2003 03:29:58 GMT

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DBBlve never actually tried the sleep thing though (I usually slepe like 4 hours at night and well basically all 6 hours in school ) But yah maybe I should cut back with running with the weights....hmm thanks for the advice on that one! I can easily do 75 pushups before working out but after my work out 50 is a struggle (weak shoulders) I seriously have a problem like listening to orders and I get yelled at countless times at work and need to be told like twice because my mind is on other stuff although when Im there I highly doubt my mind will be on anything else lol! Oh well thanks for the info man! Good luck this summer (btw where u going sc or ca?)

Oh, by all means, do run with a small amount of weight on you. It really doesn't do much, but prep you. You'll feel very lightfooted after you take it off. I once desided to wear these 10 pound ankle weights. Thats 10lbs per leg, I wore them for 5 days striaght, minus in the shower. I wouldn't move my legs in the shower, as to not unbalance anything. After five days of running and jogging etc with them, I took them off.... And Holy dog shit! You'll run like the wind. I almost kicked myself over doing it, because my legs flew up so high.

Aside from that, you WILL defeinately need to start rearranging your attitudes. Make sure you get it right the first time, and don't fuck up. It does take practice, but you'll get the hang of it.

Finally... I'm not in SC or CA (whatever those are ) not being an American. I'm currently in the Reserves, and ditching them this September for RMC. MUAHAHHA

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