

150306 Friday "SAMSONIZED XXIX"

Pro 23:16

Yea, my reins shall rejoice, when thy lips speak right things.

"15.1 Open Base"

In 9 Minutes perform as many rounds of the following components as possible.

15 Toes-To-Bar
10 Dead Lifts
5 Power Snatch

"15.1a"

In 6 Minutes find your best 1 Rep Max Clean and Jerk.

Track your score for the next time we do the WOD.

Train hard with purpose:

"And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him."

Col. 3:17