

150529 Friday "SAMSONIZED"

Pro 25:14

Whoso boasteth himself of a false gift is like clouds and wind without rain.

'Samson 1000'

FOR TIME

100 Walking Lunges

100 Push Ups

100 Sit Ups

100 Air Squats

100 Plank Pull Ups

<https://youtu.be/QeYcvrEfkhw>

100 Double Unders

No DU's: 250 Regular Jumps

100 Flutter Kicks

100 Meter 'Farmer Carry' @ 50 ea. Hand

100 Meter Sprint

100 Mountain Climbers

Partition as needed: i.e. 10 Rounds of 10; 4 Rounds of 25; 10 Rounds of 100

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