

150522 Friday "SAMSONIZED"

Pro 25:13

As the cold of snow in the time of harvest, so is a faithful messenger to them that send him: for he refresheth the soul of his masters.

'500'

50 Each of

Kettlebell Swings
Burpee's
Pull Ups
Toes-To-Bar
Hand-Release Push Ups
24" Box Jumps
Double Unders
Dive Bomber Push Ups
Overhead Squat @ 45#
Bar or Ring Dips

Partition as needed: i.e. 5 Rounds of 10; 10 Rounds of 5 etc.

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