

150206 Friday "SAMSONIZED XXVI"

Pro 22:5

Thorns and snares are in the way of the froward: he that doth keep his soul shall be far from them.

"SAMSONIZED XXVI"

20 Rounds of

5 Pull Ups

10 Ring Push Ups

15 Air Squats

(25 Minute Cap)

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