

150724 Friday "Samsonized"

Pro 26:27

Whoever digs a pit will fall into it,
And he who rolls a stone will have it roll back on him.
Your foolish efforts to injure the innocent will only bring ruin to yourself.

"SHUFFLE II"

Things you will need.

DECK OF PLAYING CARDS

Inside or Outside area approximately 10' x 10'

Remove 2's from the Deck

Place 'Face Cards' in a stack and all Numbered Cards in another.

Shuffle both stacks separately.

Jokers: Twice the number of the number card.

Aces: All 'Face Card' Rx @ the number card rep.

Kings: Burpee Pull Ups

Queens: High Hang Clean @ 75-95 Scale to Skill/Strength

Jacks: Weighted Sit Ups

Jog: :30 Between Each Card Turn

Jog for :30 seconds then turn over a card from the 'Face' pile and a card from the 'Number' pile. Do the component that matches the 'Face' card the number of reps from the 'Number' card.

Remember: Jokers are double the number card and Aces are all 'Face Card' Components.

(40 Minute Cap)

When the 'Face' Card pile is finished, shuffle again to complete the number pile. **Scale: One round of 16 Cards.**

This is a tough one; not for the faint hearted.

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