

150710 Friday "Samsonized"

Pro 26:16

The sluggard is wiser in his own conceit than seven men
that can render a reason.

"Karen"

See @ [http://library.crossfit.com/free/pdf/
27_04_new_girls.pdf](http://library.crossfit.com/free/pdf/27_04_new_girls.pdf)

Wall-Ball 150 Shots

FOR TIME

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