

# 150227 Friday "SAMSONIZED XXVIV"

Pro 23:15

My son, if thine heart be wise, my heart shall rejoice, even mine.

## "14.5 Open Base"

**21-18-15-12-9-6-3 reps for time of:  
95-lb. thrusters  
Burpee's**

**Track your score for the next time we do the  
WOD.**

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