

151210 Thursday Samson's Seal Training

Pro 29:26

Many seek the ruler's favor, But justice for man comes from the LORD.

Trust in the Lord with all of your heart and He will bring your good to pass.

Base: ROM

Jog 1600 at moderate pace
(8)

Skill: Overhead Squat @ Olympic Bar
(5)

Power/Strength:

For Time

"SAMSON'S SEAL TEAM TRAINING"

@ 75-95

20 Thrusters
20 Hang Clean and Jerk
20 Sumo Dead Lift High Pulls
20 Front Squats

Every minute, on-the-minute, stop and perform 5 Burpee's then resume the component at the last rep continuing until you complete 20 reps of each exercise. Keep a continually running clock for your total time.

(27)

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