

150911 Friday "SAMSONIZED"

Pro 28:11

The rich man is wise in his own eyes, But the poor who has understanding searches him out.

*Mr. Trump*

FOR TIME

"500-MILE"

150 PUSH UPS

RUN 400

150 SIT-UPS

RUN 400

50 PULL UPS

RUN 400

150 AIR SQUATS

RUN 400

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