

150220 Friday "SAMSONIZED XXVIII"

Pro 23:6-8

Eat thou not the bread of him that hath an evil eye, neither desire thou his dainty meats: For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee. The morsel which thou hast eaten shalt thou vomit up, and lose thy sweet words.

"What Else Can I Do Day?"

3 Rounds of 4 Minute Each
1 Minute on each component
1 Minute Break Between Rounds

High Hang Snatch @ 75
Double Unders
Med Ball Toss @ 10' Target
Burpee Box Jump

Count the total number of reps in each component. The lowest number for each component is the score.

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