

150116 Friday "144's"

Pro 21:14

A gift in secret pacifieth anger: and a reward in the bosom strong wrath.

"144's"

3 ROUNDS OF

12 @ PULL UPS

12 @ RING DIPS

12 @ ALTERNATING HAND KETTLEBELL SWING

12 @ "GRIZZLIES"

12 @ BOX JUMPS

12 @ HANG POWER CLEAN @ 115

12 @ WEIGHTED SIT UPS @ 45

12 @ REVERSE GRIP PULL UPS

12 @ ELEVATOR PUSH UPS*

12 @ OVERHEAD SQUAT @ 95

12 @ DOUBLE UNDERS

12 @ SAMSON PUSH UPS

144

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