

150828 Friday "SAMSONIZED"

Pro 28:1

The wicked flee when no one pursues, But the righteous are bold as a lion.

If you are always looking over your shoulder for the hammer to hit you in the head you may need to trust in the Lord and find peace in Him. Those who know Him have life and peace.

"Karen"

Wall-ball 150 shots

Very simple WOD but NOT EASY

The target is at ten feet, the ball is 20 pounds, and each shot requires a full squat.

Hold the ball at chin level and catch it on its decent.

We thank CrossFit.com for 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