

## 150431 Friday "SAMSONIZED"

Pro 24:28

Be not a witness against thy neighbour without cause; and deceive not with thy lips.



### "The Jawbone"

Samson's Training Protocol for Philistine Extermination

5 Rounds for time of

### "The Jawbone"

Run/Row 400 Meters

30 Kettlebell Swings @ 1.5 Pood (50-55)

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