

## 150424 Friday "SAMSONIZED"

Pro 24:23

These things also belong to the wise. It is not good to have respect of persons in judgment.



### 'The Lion Tamer?'

Don't try this without proper supervision. i.e. Jesus

5 Rounds for time of

#### "The Lion Tamer"

- 1 Push Press @ .75 Body Weight
- 2 Back Squats @ 1.5 Body Weight
- 3 Bench Press @ 1.5 Body Weight
- 4 Dead Lifts @ 1.5 Body Weight
- 5 Power Cleans @ .75 Body Weight

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