

190109 Day Three: Alternate WOD

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments

The Psalmist sees himself in light of YHWH and quickly turns from his view of life to that of the Lord's view..

Rest Day Components

If You are Working the 20 Rep Squat routine, jog slowly and work out the soreness. Use this day for rest.

DEMAND MORE OF YOURSELF
COL 3:17

“5 K” Run @ Moderate Pace

See SO's "[Samson Shuffle](#)" for other Rest Day Options

Note:

If you are working the high volume squats and chest routines be certain to stretch today and walk or jog to help remove soreness and fatigue.

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