

150731 Friday "Samsonized"

Pro 27:4

Wrath is cruel and anger a torrent,
But who is able to stand before jealousy?

That one needs no elaboration, it's clear and so very hard to live with.

"SHUFFLE III"

Things you will need.

DECK OF PLAYING CARDS

Inside or Outside area approximately 10' x 10'

Remove 2's from the Deck

Place 'Face Cards' in a stack and all Numbered Cards in another.

Shuffle both stacks separately.

Jokers: Twice the number of the number card.

Aces: All 'Face Card' Rx @ the number card rep.

Kings: 24" Box Jumps

Queens: Pull Ups

Jacks: Dumbbell Thrusters @ 15-40#

Jog: 30 Seconds Between Each Card Turn

Jog for :30 seconds then turn over a card from the 'Face' pile and a card from the 'Number' pile. Do the component that matches the 'Face' card and the number of reps from the 'Number' card.

Remember: Jokers are double the number card and Aces are all 'Face Card' Components.

(40 Minute Cap)

When the 'Face' Card pile is finished, shuffle again to complete the number pile. **Scale: One round of 16 Cards.**

This is a tough one; not for the faint hearted.

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