

150313 Friday "SAMSONIZED XXX"

Pro 23:22

Hearken unto thy father that begat thee, and despise not thy mother when she is old.

"15.2 Open Base"

For as long as possible:

From 0:00-3:00

2 rounds of:

10 overhead squats (95 / 65 lb.)

10 chest-to-bar pull-ups

From 3:00-6:00

2 rounds of:

12 overhead squats (95 / 65 lb.)

12 chest-to-bar pull-ups

From 6:00-9:00

2 rounds of:

14 overhead squats (95 / 65 lb.)

14 chest-to-bar pull-ups

Continue on the same protocol until you can no longer reach the totals in the required time frame.

Track your score for the next time we do 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