

151002 Friday Samsonized

Pro 28:17

A man burdened with bloodshed will flee into a pit; Let no one help him.

*Stay clear of the man who sheds innocent blood.*

FOR TIME

"TABATA THIS"

SEE "TABATA"

[HTTPS://EN.WIKIPEDIA.ORG/WIKI/HIGH-INTENSITY INTERVAL TRAINING#TABATA METHOD](https://en.wikipedia.org/wiki/High-Intensity_Interval_Training#Tabata_Method)

ROW 1 TABATA

THEN

TABATA SIT UPS

NO ROWER?  
RUN OR SWIM

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