

150123 Friday "SAMSONIZED XXIV"

Pro 21:20

There is treasure to be desired and oil in the dwelling of the wise; but a foolish man spendeth it up.

"SAMSONIZED XXIV"

50 @ PULL UPS

50 @ RING DIPS

50 @ ALTERNATING HAND KETTLEBELL SWING

50 @ HANG POWER CLEAN @ 75-95

50 @ OVERHEAD SQUAT @ 75-95

100 @ DOUBLE UNDERS

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