

# 150717 Friday "Samsonized"

Pro 26:22

The words of a talebearer are like tasty trifles,  
And they go down into the inmost body.

*Listening to gossip is like eating your favorite food but... there is no reward, only trouble.*

## **"SHUFFLE"**

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: Dive Bomber Push Ups

Queens: Burpee's

Jacks: Pull Ups

Jog: :30 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 the number of reps from the 'Number' card.

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

When the 'Face' Card pile is finished, shuffle again to complete the number pile.

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