

150626 Friday "SAMSONIZED"

Pro 26:12

Seest thou a man wise in his own conceit? there is more hope of a fool than of him.

A fool has great trouble understanding his own mind. How shall he understand and relate the truth of wisdom?

'Seal Grinder-Cindy'

For time

Run 1600

5 Rounds of "Cindy"

5 Pull Ups, 10 Push Ups, 15 Air Squats

Run 1000

4 Rounds of "Cindy"

Run 800

3 Rounds of "Cindy"

Run 600

2 Rounds of "Cindy"

Run 400

1 Round of "Cindy"

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