

150807 Friday "Samsonized"

Pro 27:9

Ointment and perfume delight the heart,
And the sweetness of a man's friend gives delight by hearty
counsel.

*Real friends are hard to find; they will always tell you the truth-even when you don't
want to hear it!*

"SHUFFLE IV"

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: 24" 4 Count Mountain Climbers

Queens: Ring or Bar Dips

Jacks: Dumbbell Thrusters @ 15-40#

Jog: 30 Seconds 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 and the number of reps from the 'Number' card.
Remember: Jokers are double the number card and Aces are all
'Face Card' Components.

(40 Minute Cap)

When the 'Face' Card pile is finished, shuffle again to complete
the number pile. **Scale: One round of 16 Cards.**

This is a tough one; not for the faint hearted.

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