

150619 Friday "SAMSONIZED"

Pro 26:7

The legs of the lame are not equal: so is a parable in the mouth of fools.

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

'Tommy V'

For time

115 pound Thruster, 21 reps

15 ft Rope Climb, 12 ascents

No Rope? Substitute 6 Towel Pull Ups for each ascent.

Towel Pull Up: Fold a towel over your pull up station and execute a pull up, chin to the bar.

115 pound Thruster, 15 reps

15 ft Rope Climb, 9 ascents

115 pound Thruster, 9 reps

15 ft Rope Climb, 6 ascents

Scale loads to skill and technique.

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