

# 160101 Friday New Years Revolution

Ecc 8:1

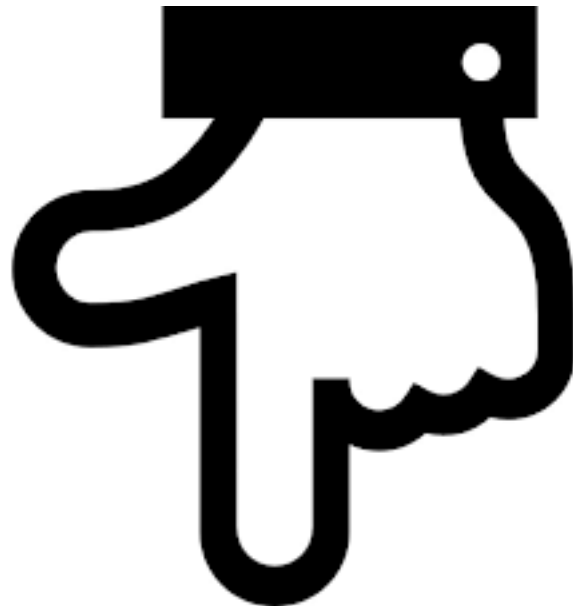
Who is like a wise man? And who knows the interpretation of a thing?  
A man's wisdom makes his face shine, And the sternness of his face is  
changed.

*When a man knows the Word of GOD his life, countenance, and his heart is made strong. Who is like the man  
who knows the Truth except the one who has forsaken this life for that in Heaven where Christ dwells.*

# SAMSON'S

# 'New Year Revolution'

COMPLETE BELOW FOR TIME



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

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100 METER BEAR CRAWL

100 METER SPRINT

100 METER BROAD JUMP

100 METER SPRINT

100 METER WALKING LUNGE

100 METER SPRINT

100 METER SIDE WALKING PUSH UPS

100 METER SPRINT

100 METER BURPEE BROAD JUMP

100 METER SPRINT

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