

150925 Friday Samsonized

Pro 27:15-16

A continual dripping on a very rainy day
And a contentious woman are alike;
Whoever restrains her restrains the wind,
And grasps oil with his right hand.

Don't marry a contentious woman; you will have no rest. Keeping her happy is like gripping oil.

FOR TIME

"THE TABATA MILE"

SOURCE: US TACTICAL NAVYSEALS.COM

SEE "TABATA"

[HTTPS://EN.WIKIPEDIA.ORG/WIKI/HIGH-INTENSITY INTERVAL TRAINING#TABATA METHOD](https://en.wikipedia.org/wiki/High-Intensity_Interval_Training#Tabata_Method)

TABATA PULL UPS

RUN 1 MILE

TABATA PUSH UPS

RUN 1 MILE

TABATA SIT UPS

RUN 1 MILE

TABATA SQUATS

RUN 1 MILE

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