

TUESDAY 130115 (DAY 3) SAMSON 500

“He that is greedy of gain troubleth his own house;
but he that hateth gifts shall live.”

KJV

Proverbs 15:27

Base: ROM/10 Minutes Samson PT

Skill: Handstand
Strength/MetCon/Stamina/Endurance

Samson 500

5 Rounds of 10
ManMaker's
Barbell Bent Row
Ring Push Ups
Kettlebell Swings 2 / 1 Pood
Thrusters 95/75
Box Jump 24" / 20"
WallBall Shots
Toes-To-Bar
GHD Sit Ups
Bar Dips

60 Second Recovery Between Rounds

BOVICE
BOVICE

Rx: Cut by 50%

COMPETITOR
COMPETITOR

Rx

ELITE
ELITE

Rx

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