

181219 Day Three: Alternate WOD

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments

The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view..

Rest Day Components

“5 K” Run @ Moderate Pace

See SO's "Samson Shuffle" for other Rest Day

Options

Note:

If you are working the high volume squats and chest routines be certain to stretch today and walk or jog to help remove soreness and fatigue

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