

151218 Friday Samson's "WARRIOR COMPLEX"

Pro 29:12

If a ruler pays attention to lies, All his servants become wicked.

Leaders who lie propagate servant who lie and are disloyal

Base: ROM
Jog 1600 at Moderate Pace
(8)

Skill: Dead Lift
Empty Bar Skill Development
(5)

Power/Strength:
For Time

"SAMSON'S WARRIOR COMPLEX"
@ 75-95

5 Power Snatch
5 Push Ups on Bar
5 Front Lunge Each Leg
5 Sumo Dead Lift High Pull
5 Overhead Squat

AMRAP
(20)

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