

150213 Friday "SAMSONIZED XXVII"

Pro 22:29

Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men.

"Fight Gone Bad"

3 Rounds of 5 Minute Each
1 Minute on each component
1 Minute Break Between Rounds

Sumo Dead Lift High Pull @ 75
24" Box Jump
Med Ball Toss @ 10' Target
Row or Burpee
Push Press @ 75

Count the total number of reps in each component.
The lowest number for each component is the score.

Track your score for the next time we do the WOD.

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