

150814 Friday "Samsonized"

Pro 27:9

Ointment and perfume delight the heart,
And the sweetness of a man's friend gives delight by hearty
counsel.

*Real friends are hard to find; they will always tell you the truth-even when you don't
want to hear it!*

"SHUFFLE V"

Things you will need.

DECK OF PLAYING CARDS

Inside or Outside area approximately 10' x 10'

Remove 2's from the Deck

Place 'Face Cards' in a stack and all Numbered Cards in another.

Shuffle both stacks separately.

Jokers: Twice the number of the number card and all Face Card
Component Rx. (Double the number Card and all Face Card Rx)

Aces: All 'Face Card' Rx @ the number card rep.

Kings: Barbell Thrusters @ 75-95#

Queens: Kettlebell Swings @ 35-70#

Jacks: Elbow Plank Knee Crossover

(From an Elbow Support Plank cross the Right Knee to Left
Elbow lifting the left elbow off the floor and up to the ceiling as in
a 'Thai' Plank. Reverse direction and bring the Left Knee to
Right Elbow as in 'Thai' Plank-1 Rep)

Jumping Jacks: 30 Seconds Between Each Card Round

Perform Jumping Jacks for :30 seconds then turn over a card
from the 'Face' pile and a card from the 'Number' pile. Do the
component that matches the 'Face' card and the number of reps
from the 'Number' card. Remember: Jokers are double the

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

number card and all 'Face Cards'. Aces are all 'Face Card' Components.

(40 Minute Cap)

When the 'Face' Card pile is finished, shuffle again to complete the number pile.

Scale: One round of 16 Cards.

This is a tough one; not for the faint hearted. Stay with the suggested Cap if you are just starting out.

Rookies and Novice Trainees

Eliminate 'Jokers' and 2's

Aces: All Components

Kings: Air Squats

Queens: Push Ups

Jacks: Sit Ups

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