

150612 Friday "SAMSONIZED"

Pro 26:3

A whip for the horse, a bridle for the ass, and a rod for the fool's back.

You never have to beat a thoroughbred!

'Running Cindy WOD'

"Cindy": 5 Push Ups-10 Pull Ups-15 Air Squats

Run or Row 1000
Then 5 "Cindy" Rounds

Run or Row 800
Then 4 "Cindy" Rounds

Run or Row 600
Then 3 "Cindy" Rounds

Run or Row 400
Then 3 "Cindy" Rounds

Run or Row 200
Then 2 "Cindy" Rounds

Run or Row 100
Then 1 "Cindy" Round

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