



FIT SHEPHERDS

FORMING SHEPHERDS ONE WORKOUT AT A TIME !

12-22-18

“Gratitude, Brotherhood and Legacy”

Warm Up

1 Set @ 5:00 minutes

- **Shoulder Rolls** **20 secs**
- **Arm Circles** **20 secs**
- **Arm Hugs** **20 secs**
- **High Knees** **25 secs**
- **Butt Kickers** **25 secs**
- **Jumping Jacks** **30 secs**
- **Forward Lunge** **30 secs**
- **Squats** **20 secs**
- **Plank Jacks** **20 secs**

Arm Circuit

3 Sets @ 6:00 minutes = 18 Minute Set

- **Diamond Pushups** **25 secs**
- **Wide Pushups** **25 secs**
- **Staggered Pushups** **20 secs**
- **Plank Shoulder Taps** **35 secs/alternating**
- **Up/Down Planks** **30 secs/switch 1/2 way**
- **Tricep Pushups Right & Left** **25 secs/each side**
- **Bicep Curls Right & Left** **45 secs/each side**
- **Cuban Press** **30 secs**
- **Crucifix Hold** **40 secs**

Leg Circuit

2 Sets @ 8:00 minutes = 16Minute Set

Right Leg -

- Forward Lunge 30 secs
- Lateral Lunge 30 secs
- Back Lunge 30 secs
- Sumo Squats 30 secs

Left Leg -

- Forward Lunge 30 secs
- Lateral Lunge 30 secs
- Back Lunge 30 secs
- Sumo Squats 30 secs

- Jump Squats 20 secs
- Calf Raises 20 secs
- Jump Lunges Right & Left 20 secs/each side
- FireHydrants Right & Left 20 secs/each side
- Glute Bridges 25 secs

Abs Circuit

2 Sets @ 3:30 minutes = 7 Minute Set

- Leg Lowers 20 secs
- Scissors 25 secs
- Dead Bugs 30 secs
- Toe Reaches 25 secs
- Penguins 30 secs
- Twists 30 secs

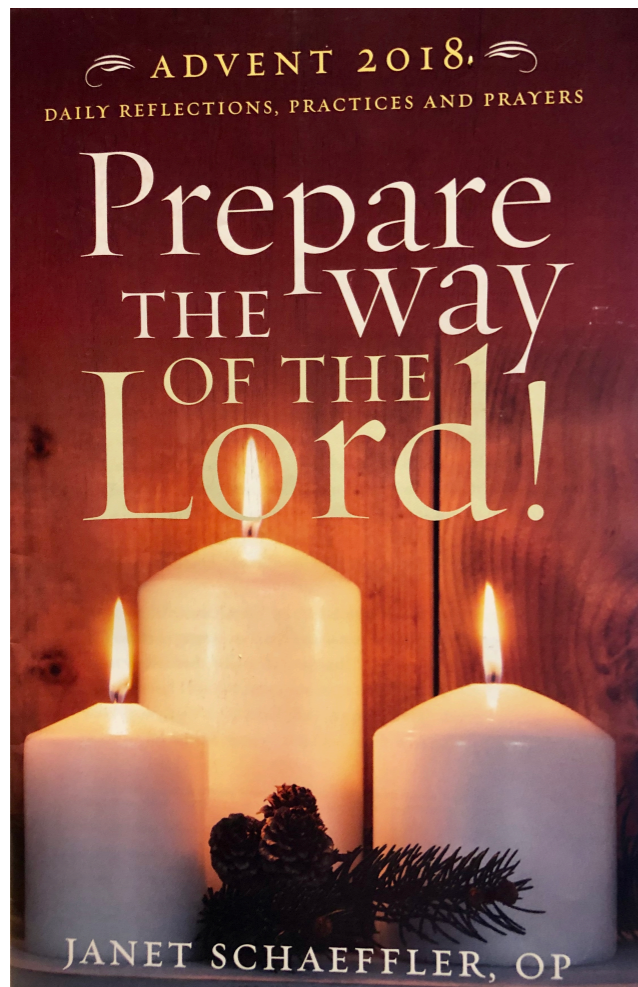
Reflections - "Gratitude, Brotherhood and Legacy"

Eulogies - How do you want to be remembered

During Stressful times do you become MORE like that person you want to be or less?

As men we need to model for our family, friends, co-workers the best versions of ourselves

When you think about important/impressive people indoor life, who comes to mind? Why?



DECEMBER 18 ■ Tuesday of the Third Week

JEREMIAH 23:5-8 • MATTHEW 1:18-25

Rubbing Shoulders

Joseph...did as the angel of the Lord had commanded him and took his wife into his home. MATTHEW 1:24

When people set up crèche scenes, why do they usually place Mary on one side of Jesus and Joseph on the other? Years ago I realized that didn't make sense to me, and I began placing Mary and Joseph close together, rubbing shoulders, looking at Jesus.

Even though they probably didn't totally understand all that was happening to their young family, Mary and Joseph knew they were in it together. Amid their wondering, they must have been intensely grateful for each other. They were sustained by the faith, courage, and care of the other. In the crèche scene, I think they need to be next to each other, rubbing shoulders, because that is how they lived life.

That is how we live life: rubbing shoulders with others who encourage us to be our best selves, with others who support us in the difficult times, with others who challenge us during the times we'd rather be complacent.

DAILY PRACTICE Who "stands next to you," encouraging you? If you haven't thanked them lately, find a way to say it today.

ADVENT PRAYER *God who always stands near me, urge me to be like you to those who cross my path each day—always being nearby when they need me, supporting, encouraging, and empowering as they continue to grow closer to you.*

Who Do you Rub Shoulders with?

Who Helps you be the best version of yourself?

Who Supports you when times are difficult?

Who Challenges you when you are complacent?

Who Stand next to you and Encourages you?

In this time of giving gifts and being grateful, write a thank you letter (or letters) to express your appreciation of them and all they mean to you and give them the letter for Christmas.

Play List

- joy. - for KING & COUNTRY
- Til the Day I Die (feat. NF) - TobyMac
- Amen - Matthew West
- Unstoppable (feat. Bianca) - TobyMac
- Move - Thousand Foot Crutch
- Run Devil Run - Crowder
- It's On - SuperChick
- Hand and Feet - Audio Adrenaline
- More of You (Pro_FitT Remix) - Colton Dixon
- You Can't Stop Me - Andy Mineo
- Impossible (feat. Pastor Ad3) - Da' T.R.U.T.H.
- Feet, Don't Fail Me Now - NEEDTOBREATHE
- Love Found Me - DecembeRadio