



# Workout your body & Work IN the Word



# COLOSSIANS

Week 1 -  
Col 1:1-14  
Col 1:13 - delivered from the domain of darkness  
& transferred to HIS kingdom

Week 2 -  
Col 1:15-23  
Col 1:18b - that in everything  
He might be preeminent

Week 3 -  
Col 1:24-2:5  
Col 1:27b - Christ in you,  
the hope of glory

Week 4 -  
Col 2:6-15  
Col 2:13 - God made you alive together with Him,  
having forgiven all our trespasses

Week 5 -  
Col 2:16-23  
Col 2:17 -  
the substance belongs to Christ

Week 6 -  
Col 3:1-17  
Col 3:1 - raised with Christ,  
seek the things that are above

Week 7 -  
Col 3:18-4:6  
Col 3:23 - whatever you do,  
work heartily, as for the Lord, & not for men

Week 8 -  
Col 4:2-6  
Col 4:2 - continue steadfastly in prayer  
being watchful in it with thanksgiving

Week 9 -  
Col 4:7-18  
Col 4:17 - fulfill the ministry  
that you have received in the Lord

Strength

Colossians Overview

37:55

Cardio

Colossians 1:1-2

28:06

Strength

Colossians 1:3-8

42:57

Ball

Colossians 1:9-14

30:28

Metabolic

Colossians 1:15-18a

29:35

Strength

Colossians 1:18b-20

21:59

Cardio

Colossians 1:21-23

32:47

Strength

Colossians 1:15-20

34:23

Metabolic

Colossians 1:24-27a

29:35

Strength

Colossians 1:27b-29

31:45

Cardio

Colossians 2:1-3

34:12

Strength

Colossians 2:4-5

30:45

Metabolic

Colossians 2:6-7

26:26

Strength

Colossians 2:8-10

31:09

Band

Colossians 2:11-13

39:33

Stretch

Colossians 2:13-15

29:02

Metabolic

Colossians 2:16-17

27:59

Cardio

Colossians 2:18-19

34:16

Ball

Colossians 2:20-23

49:49

Strength

Colossians 2:16-23

33:04

Metabolic

Colossians 3:1-4

28:00

Strength

Colossians 3:5-11

38:21

Barre

Colossians 3:12-14

37:19

Strength

Colossians 3:15-17

40:33

Metabolic

Colossians 3:18-21

37:25

Strength

Colossians 3:22-4:1

34:47

Strength

Colossians 3:23-24

39:07

Mixed

Colossians 4:2-6

25:09

Metabolic

Colossians 4:2

34:53

Strength

Colossians 4:3-4

39:25

Barre

Colossians 4:5

45:18

Strength

Colossians 4:6

31:34

Metabolic

Colossians 4:7-18

41:40

Strength

Colossians 4:12

42:54

Mixed

Colossians 4:17-18

27:16

Stretch

Colossians Summary

36:16