



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