



**I WILL NEVER QUIT™ WORKOUT No. 17**

**“PAIN IS TEMPORARY. IF YOU QUIT HOWEVER, THAT WILL LAST FOREVER.”**

**PART 1: MARATHON MAN**

1 MILE RUN (WARM-UP PACE)

100 PULLUPS IN AS FEW SETS POSSIBLE

1 MILE RUN (TRAINING PACE)

100 PUSHUPS IN AS FEW SETS POSSIBLE

1 MILE RUN (RACE PACE)

100 SITUPS IN AS FEW SETS POSSIBLE

**PART 2: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30 SECONDS)**

**TODAY'S KNOWLEDGE:** IF YOU FIND YOURSELF SITTING A LOT AT WORK AND NODDING OFF BECAUSE OF IT, IF YOU CAN, GET UP AND MOVE AROUND, TAKE A SHORT WALK OUTSIDE OR WHATEVER. THE INCREASED BLOOD FLOW TO THE BRAIN WILL WAKE YOU UP AND HELP YOU FEEL BETTER. THE SAME GOES FOR IF YOU ARE EXPERIENCING STRESS, ANXIETY OR BAD MOODS.