



I WILL NEVER QUIT™ WORKOUT No. 19

“OUR ABILITY TO BE PERSISTANCE IS ONE OF OUR GREATEST ATTRIBUTES.”

PART 1: 1 MILE RUN (WARM-UP PACE)

PART 2: OVERALL BODY

REPEAT 3 TIMES (MOVE FROM EXERCISE TO EXERCISE)

25 SQUATS (HOLD WEIGHT AT SIDES)

25 SITUPS

25 PUSHUPS

20 ALTERNATE BICEP CURLS (10 EACH ARM)

20 JUMPING JACKS (4 COUNT)

20 STANDING SHOULDER PRESSES

MAX PULLUPS

MAX PUSHUPS 1 MINUTE

MAX SITUPS 1 MINUTE

REST 90 SECONDS

PART 3: 2 MILE RUN (TRAINING PACE)

PART 4: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30 SECONDS)

TODAY’S KNOWLEDGE: IN ORDER TO KEEP YOUR BODY “ANABOLIC”, MEANING IN A STATE THAT IS CAPABLE OF BUILDING AND REPAIRING MUSCLE TISSUE, IT IS RECOMMENDED TO CONSUME SOME FORM OF HIGH QUALITY PROTEIN EVERY 3-4 HOURS.