



I WILL NEVER QUIT™ WORKOUT No.20

“IT IS ALWAYS TOO EARLY TO QUIT.”

PART 1: RUN, JUMP, FIGHT

RUN 5 MINUTES (WARM-UP PACE)

JUMP ROPE 5 MINUTES

SHADOW BOX 5 MINUTES

RUN 5 MINUTES (TRAINING PACE)

JUMP ROPE 5 MINUTES

SHADOW BOX 5 MINUTES

RUN 5 MINUTES (RACE PACE)

JUMP ROPE 5 MINUTES

SHADOW BOX 5 MINUTES

PART 2: DEEP OVERALL BODY STRETCH (HOLD EACH STRETCH FOR 30-60 SECONDS)

TODAY'S KNOWLEDGE: WHEN YOU WAKE UP, YOUR BODY IS ESSENTIALLY COMING OFF A 7–9-HOUR FAST, AND IT'S BREAKING DOWN MUSCLE PROTEIN TO CONVERT IT INTO FUEL. TO HALT THIS PROCESS TAKE ABOUT 30-40 GRAMS OF WHEY PROTEIN IN THE FORM OF A MEAL REPLACEMENT LIKE ASAP™.