



I WILL NEVER QUIT™ WORKOUT No.21

“EVERY MINUTE IS ANOTHER CHANCE TO TURN IT ALL AROUND.”

PART 1: CHOOSE ONE

IF YOU HAVE BEEN FOLLOWING THE WORKOUTS TAKE TODAY OFF COMPLETELY

OR

2 MILE RUN (WARM-UP PACE)

TODAY’S KNOWLEDGE: Water forces fat to be used as fuel. The more water you drink the less fat deposits. Without enough water your kidneys are unable to function properly, thus the liver picks up the slack. When this happens the liver cannot properly metabolize stored fat as energy. The results are a decrease in fat metabolism, leading to more fat stored in the body. In short, drink lots of water to help avoid extra fat deposits.