



I WILL NEVER QUIT™ WORKOUT No.23

“THE CREDIT BELONGS TO THE MAN IN THE ARENA, WHO TRIES VALIANTLY.”

PART 1: THE THRESHOLD

½ MILE OR 5 MINUTE RUN (WARM-UP PACE)

250 PUNCHES IN ANY COMBINATION

½ MILE OR 5 MINUTE RUN (WARM-UP PACE)

250 ELBOW STRIKES ANY COMBINATION

½ MILE OR 5 MINUTE RUN (TRAINING PACE)

250 KNEE STRIKES ANY COMBINATION

½ MILE OR 5 MINUTE RUN (TRAINING PACE)

250 KICKS (NO HIGHER THAN WAIST LEVEL) ANY COMBINATION

1 MILE RUN (RACE PACE)

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

TODAY'S KNOWLEDGE: WHEN TRYING TO DROP EXCESS BODYFAT IT IS A GOOD IDEA TO ALWAYS TRY TO EAT AT THE SAME TIME EACH DAY. IN DOING SO YOU ARE HELPING TO REGULATE YOUR BODY'S BLOOD SUGAR INSULIN SPIKES AND THIS IN TURN MAKES IT EASIER FOR YOUR BODY TO UTILIZE INCOMING CALORIES AND STORED FAT, IT ALSO WILL HELP TO CONTROL YOUR APPETITE. WHEN YOU CAN NOT GRAB A MEAL HAVE AN ASAP™ OR SOMETHING SIMILAR INSTEAD.