



**I WILL NEVER QUIT™ WORKOUT No.26**

**“YOU NEVER KNOW YOUR LIMITS UNLESS YOU TEST THEM.”**

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

**PART 2: TO THE LIMIT**

MAXIMUM EFFORT PULLUPS  
MAXIMUM EFFORT PUSHUPS 2:00  
MAXIMUM EFFORT SITUPS 2:00  
REST 2:00

MAXIMUM EFFORT PULLUPS  
MAXIMUM EFFORT PUSHUPS 1:30  
MAXIMUM EFFORT SITUPS 1:30  
REST 1:30

MAXIMUM EFFORT PULLUPS  
MAXIMUM EFFORT PUSHUPS 1:00  
MAXIMUM EFFORT SITUPS 1:00  
REST 1:00

MAXIMUM EFFORT PULLUPS  
MAXIMUM EFFORT PUSHUPS 0:30  
MAXIMUM EFFORT SITUPS 0:30

**PART 3: 2 MILE RUN (TRAINING PACE)**

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

**TODAY'S KNOWLEDGE:** ONLY HAVE 4 OR 5 HOURS A NIGHT TO DEVOTE TO SLEEP? TRY USING A SUPPLEMENT CALLED GABA OR GAMMA-AMINO BUTYRIC ACID. GABA NATURALLY INHIBITS NEUROTRANSMITTER ACTIVITY AND ALLOWS YOUR BRAIN TO SLOW DOWN AND REACH DEEP REM SLEEP VERY FAST AND AWAKE WITHIN 4 OR 5 HOURS FEELING WELL RESTED.

**TODAY'S WORKOUT SPONSORED BY**

