



I WILL NEVER QUIT™ WORKOUT No.27

“ONCE YOU LEARN TO QUIT, IT BECOMES A HABIT.”

PART 1: THE RUNDOWN

- 5 MINUTE (WARM-UP PACE)
- 4 MINUTE (TRAINING PACE)
- 3 MINUTE (RACE PACE)
- 4 MINUTE (WARM-UP PACE)
- 3 MINUTE (TRAINING PACE)
- 2 MINUTE (RACE PACE)
- 3 MINUTE (WARM-UP PACE)
- 2 MINUTE (TRAINING PACE)
- 1 MINUTE (RACE PACE)

PART 2: 15 MINUTES FREE BOXING/MARTIAL ARTS TECHNIQUES

PART 3: DEEP OVERALL BODY STRETCH (HOLD EACH STRETCH FOR 30-60 SECONDS)

TODAY'S KNOWLEDGE: DURING THE FLU SEASON TRY TO MAKE A CONSCIOUS EFFORT TO MAINTAIN HYDRATION. IF YOU FEEL A COLD OR THE FLU COMING ON CUT OUT ALL RED MEAT AND SUGAR FOR FEW DAYS. INSTEAD MAKE SURE YOU CONSUME PLENTY OF FRESH FRUIT AND RAW VEGETABLES (HEALTHY SALADS, ETC.) THESE SIMPLE THINGS WILL GREATLY START TO STRENGTHEN YOUR IMMUNE SYSTEM AND HELP TO BLUNT YOUR SYMPTOMS.

TODAY'S WORKOUT SPONSORED BY

