



I WILL NEVER QUIT™ WORKOUT No.28

“FOR A RIGHTEOUS MAN FALLS SEVEN TIMES, AND RISES AGAIN.”

PART 1: REST DAY

REST CHOICES

TAKE 30-60 MINUTES AND READ ABOUT A GREAT WARRIOR IN HISTORY

SLOW EVERYTHING DOWN AND DO 200-300 DRY FIRE DRAWS (UNLOADED)

WRITE OUT YOUR OWN PERSONAL “NEVER QUIT” AFFIRMATION YOU READ BEFORE TRAINING

TODAY’S KNOWLEDGE: THINK ABOUT THIS...CARBONATED BEVERAGES ARE MADE UP OF CO₂, (CARBON DIOXIDE) CO₂ IS THE WASTE PRODUCT OF NITROGEN. WE EAT PROTEIN TO INCREASE THE NITROGEN BALANCE IN THE BODY TO HELP WITH MUSCLE TISSUE REPAIR. THE MORE SODA YOU DRINK THE MORE YOU ARE OFF-SETTING THE NITROGEN BALANCE YOU ARE TRYING TO BUILD.

TODAY’S WORKOUT SPONSORED BY

