



I WILL NEVER QUIT™ WORKOUT No.29

“GREAT WORKS ARE PERFORMED NOT BY STRENGTH BUT PERSEVERANCE.”

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

PART 2: IRON MAN

MOVE FROM EXERCISE TO EXERCISE

10 REGULAR PULLUPS
30 PUSHUPS
30 CRUNCHES
25 (4 COUNT) JUMPING JACKS
50 BODY SQUATS
5 WIDE PULLUPS
20 CLOSE PUSHUPS
25 SITUPS
25 (4 COUNT) FLUTTERKICKS
20 SUPERMANS
5 REVERSE PULLUPS
20 WIDE PUSHUPS
10 (4 COUNT) MOUNTAIN CLIMBERS
10 DIVE BOMBERS

PART 3: 1 MILE RUN (RACE PACE)

TODAY'S KNOWLEDGE: RESISTANCE WORKOUTS THAT LAST BEYOND 45-60 MINUTES BECOME COUNTER PRODUCTIVE TO BUILDING MUSCLE TISSUE. STUDIES HAVE PROVEN THAT GROWTH HORMONE AND TESTOSTERONE LEVELS BEGIN TO DROP AFTER 45 MINUTES OF INTENSE RESISTANCE TRAINING AND CORTISOL RISES DRAMATICALLY. CORTISOL IS RESPONSIBLE FOR MUSCLE TISSUE BREAKDOWN.

TODAY'S WORKOUT SPONSORED BY

