



**I WILL NEVER QUIT™ WORKOUT No. 3**

**“IF YOU THINK YOU CAN OR YOU THINK YOU CANNOT, YOU ARE MOST LIKELY RIGHT.”**

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

**PART 2: DUMBBELL OR KETTLE BALL WORKOUT**

**REPEAT 4 TIMES (MOVE FROM EXERCISE TO EXERCISE)**

**20 STANDING SHOULDER PRESSES**

**20 CRUNCHES**

**20 ALTERNATE BICEP CURLS (10 EACH ARM)**

**20 CRUNCHES**

**20 SQUATS (HOLD WEIGHT AT SIDES)**

**20 CRUNCHES**

**20 BENT OVER ROWS**

**20 CRUNCHES**

**½ MILE RUN (TRAINING PACE)**

**REST 2 MINUTES**

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

**TODAY’S KNOWLEDGE:** STRETCHING IS IMPORTANT FOR PERFORMANCE ENHANCEMENT, INJURY PREVENTION AND REHABILITATION. YOU GET A WHEEL ALIGNMENT DONE TO KEEP YOUR CAR GOING DOWN THE ROAD STRAIGHT, IF YOU DON’T, THEN THINGS START TO WEAR DOWN AND BREAK. YOUR BODY IS JUST LIKE YOUR CAR, WHEN YOU STRETCH, IT IS LIKE GETTING AN ALIGNMENT DONE AND A FORM OF PREVENTATIVE MAINTENANCE. MANY LOWER BACK PROBLEMS, EVEN CHRONIC, CAN BE ELIMINATED WITH DAILY STRETCHING.