



**I WILL NEVER QUIT™ WORKOUT No.33**

**“DETERMINATION IS THE WAKE UP CALL TO THE HUMAN WILL.”**

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

**PART 2: OVERALL BODY WEIGHT CIRCUIT**

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

5 PULLUPS  
10 PUSHUPS  
10 CRUNCHES  
10 BODY SQUATS  
5 DIPS  
5 CLOSE PULLUPS  
5 DIVE BOMBERS  
10 HYPEREXTENSIONS  
5 (8 COUNT) BODY BUILDERS  
REST 90 SECONDS

**PART 3: 1 MILE RUN (TRAINING PACE)**

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

**TODAY'S KNOWLEDGE:** STUDIES HAVE DEMONSTRATED THAT DEHYDRATION IS DIRECTLY LINKED TO FATIGUE. DEHYDRATION ALSO INCREASES MUSCLE VISCOSITY. WHAT DOES THIS MEAN? IT MEANS IF YOU FEEL SLOW OR SLUGGISH AND LACK EXPLOSIVENESS OR QUICKNESS YOU MAY BE DEHYDRATED?

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