



**I WILL NEVER QUIT™ WORKOUT No.34**

**“THE MAN WHO CAN DRIVE HIMSELF ONCE THE EFFORT GETS PAINFUL IS THE MAN WHO WINS.”**

**PART 1: WEIGHTED PACK RUN**

RUN 3 MILES (TRAINING PACE) WITH GOOD FITTING PACK LOADED TO 10-15LBS

**PART 2: BOXING WORKOUT**

JUMP ROPE FOR 1 MINUTE

SHADOW BOX 1 MINUTE

REPEAT FOR A TOTAL OF 30 MINUTES

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

**TODAY'S KNOWLEDGE:** During the night, your liver uses its glycogen (the stored form of carbohydrates) to fuel your body. Once these glycogen stores reach a critically low level, the liver signals the body to attack muscle protein for fuel. So in the morning you want to drink the fastest-digesting carbs you can get your hands on, what's known technically as high molecular weight carbohydrates. This can be accomplished by ripping open and slamming an ASAP™.

**TODAY'S WORKOUT SPONSORED BY**

