



I WILL NEVER QUIT™ WORKOUT No.35

“YOU ONLY LOSE WHEN YOU QUIT.”

PART 1: REST DAY

TODAY'S KNOWLEDGE: Don't be afraid of situps. Situps increase your range of motion, which makes your abdominals work harder and longer. (Doing crunches on a Swiss ball or with a rolled-up towel under your lower back has a similar effect.) Just avoid situps with anchored feet, which can hurt your lower back.

TODAY'S WORKOUT SPONSORED BY

