



I WILL NEVER QUIT™ WORKOUT No.36

“HOW LONG SHOULD YOU TRY? UNTIL.”

PART 1: 3 MILE RUN

MILE #1 (WARM-UP PACE)
MILE #2 (TRAINING PACE)
MILE #3 (RACE PACE)

PART 2: THE CENTUM

TRY YOUR BEST TO DO ALL 100 REPS OF EACH EXERCISE WITHOUT STOPPING

100 BODY SQUATS

100 PUSHUPS

100 SITUPS

100 (4 COUNT) JUMPING JACKS

100 (4 COUNT) FLUTTER KICKS

PART 3: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR 30 SECONDS)

TODAY'S KNOWLEDGE: Today's workout is only as good as yesterday's nutrition. If you have a tough workout to go through today and you missed a lot of meals and/or sleep the day before it might be more beneficial to wait until the next day. If you must do something then cardio would be a better option then resistance training.

TODAY'S WORKOUT SPONSORED BY

