



I WILL NEVER QUIT™ WORKOUT No. 4

“HOW WILL YOU BE REMEMBERED?”

PART 1: 3 MILE VARIED PACE RUN

MILE 1 (WARM-PACE)

½ MILE (TRAINING PACE)

½ MILE (RACE PACE)

½ MILE (TRAINING PACE)

½ MILE (RACE PACE)

PART 2: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30 SECONDS)

PART 3: MARTIAL ARTS TECHNIQUES (OPTIONAL)

100 HORIZONTAL ELBOWS EACH SIDE

100 VERTICAL KNEE STRIKES WAIST LEVEL EACH SIDE

TODAY'S KNOWLEDGE: USING CAFFEINE CONTAINING BEVERAGES ON A REGULAR BASIS CAN START TO SUPPRESS YOUR ADRENAL GLAND FUNCTION. AFTER SOME TIME ON CAFFEINE YOU WILL NO LONGER FEEL THE “RUSH” BECAUSE YOUR ADRENALS ARE TAPPED. ONE OF THE BEST WAYS TO HELP REBUILD AND SUPPORT YOUR ADRENALS IS WITH THE USE OF A LIQUID BASED VITAMIN B-12.