



I WILL NEVER QUIT™ WORKOUT No.40

“ONCE THE DECISION HAS BEEN MADE, NEVER LOOK BACK AND KEEP PUSHING FORWARD.”

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

PART 2: THE HEARTBREAKER

MOVE AS FAST AS YOU CAN FROM EXERCISE TO EXERCISE

MAX PULLUPS

MAX PUSHUPS IN 2 MINUTES

MAX CRUNCHES IN 2 MINUTES

MAX BODY SQUATS IN 2 MINUTES

MAX JUMPING JACKS IN 2 MINUTES

MAX FLUTTER KICKS IN 2 MINUTES

REST 5 MINUTES

1 MILE RUN (MAXIMUM EFFORT)

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

TODAY'S KNOWLEDGE: Take your multivitamin. Providing these nutrients to your body at the beginning of the day supports muscle growth, aids metabolism, enhances immunity and regulates every other physiological system in the body. It's critical that you take it with a meal because most multivitamins/ minerals are absorbed best with food.

TODAY'S WORKOUT SPONSORED BY

