



**I WILL NEVER QUIT™ WORKOUT No.43**

**“GIVE ALL, LEAVE NOTHING.”**

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

**PART 2: IT COMES IN THREE'S**

**REPEAT EACH SET 3 TIMES**

**SET 1.**

**10 PULLUPS  
30 PUSHUPS  
50 CRUNCHES**

**SET 2.**

**5 CLOSE PULLUPS  
10 (8 COUNT) BODYBUILDERS  
20 (4 COUNT) FLUTTERKICKS**

**SET 3.**

**5 WIDE PULLUPS  
20 BODYSQUATS  
10 CLOSE PUSHUPS**

**PART 3: 2 MILE RUN (TRAINING PACE)**

**PART 4: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR 30 SECONDS)**

**TODAY'S KNOWLEDGE:** If you are in a “building” phase you generally need to increase your calories. It is not advisable to “stuff” yourself each meal time so a better answer would be to increase your meal frequency. Instead of eating every 4 or 5 hours you could eat every 3 hours and fit in another meal. This gives your system plenty of time to digest the previous meal, especially if half of those meals are in the form of a meal replacement.

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**Shoot to win.**