



I WILL NEVER QUIT™ WORKOUT No.46

“THE SPACE BETWEEN WHOM YOU ARE RIGHT NOW AND WHO YOU WANT TO BE IS TODAY.”

PART 1:

1 MILE RUN (WARM-UP PACE)
5 MINUTES JUMP ROPE
REST 1 MINUTE

1 MILE RUN (TRAINING PACE)
4 MINUTES JUMP ROPE
REST 1 MINUTE

1 MILE RUN (RACE PACE)
3 MINUTES JUMP ROPE

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

TODAY'S KNOWLEDGE: Don't skip meals! Did you know that skipping meals can actually “slow” your metabolism? Your body will sense a state of change and slow down the rate at which you burn calories and you will end up maintaining more body fat.

TODAY'S WORKOUT SPONSORED BY

