



I WILL NEVER QUIT™ WORKOUT No.48

“THINK DEEPLY ABOUT ALL THINGS.”

PART 1: REST DAY

SUGGESTION:

ASK YOURSELF WHY YOU TRULY TRAIN AND REFLECT UPON IT TO IMPROVE MOTIVATION

TODAY'S KNOWLEDGE: Satisfy your sugar cravings immediately after your workout. Eat at least 20 grams along with some protein. The sugar will help carry protein to the muscles you've just worked. So have some juice with your tuna sandwich, but limit your sugar intake the rest of the day, or maybe have an ASAP™ instead.

TODAY'S WORKOUT SPONSORED BY

