



I WILL NEVER QUIT™ WORKOUT No.49

“STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY, BUT FROM AN INDOMITABLE WILL.”

PART 1: 5 MINUTE RUN (WARM-UP PACE)

MOVE FROM EXERCISE TO EXERCISE (REPEAT 5 TIMES)

5 MINUTE RUN (TRAINING PACE)

30 PUSHUPS

10 (4 COUNT) JUMPING JACKS

30 BODY SQUATS

10 (4 COUNT) FLUTTER KICKS

10 DIVE BOMBERS

10 SUPERMANS

10 (8 COUNT) BODYBUILDERS

PART 2: (OPTIONAL) 10 (1 MINUTE ROUNDS) HEAVY BAG PUNCHING

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

TODAY'S KNOWLEDGE: As the weather starts to get warmer be sure to constantly stay hydrated. Exercise in even mild heat can result in the body losing over 4 quarts of water per hour. This can result in dizziness, fatigue and muscle cramping impairing performance.

TODAY'S WORKOUT SPONSORED BY

