



**I WILL NEVER QUIT™ WORKOUT No. 5**

**“A JOURNEY OF A THOUSAND MILES BEGINS WITH BUT ONE STEP.”**

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

**PART 2: REPEAT 3 TIMES (MOVE FROM EXERCISE TO EXERCISE)**

5-10 REG PULLUPS

20-30 PUSHUPS

50 CRUNCHES

5-10 REVERSE GRIP PULLUPS

10-20 DIAMOND PUSHUPS

25 SITUPS

5-10 WIDE PULLUPS

MAX PUSHUPS 30 SECONDS

10 (4 COUNT) FLUTTERKICKS

REST 90 SECONDS

**PART 3: 1 MILE RUN (TRAINING PACE)**

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

**TODAY'S KNOWLEDGE:** HERE IS A VERY SIMPLE WAY TO LOOK AT THINGS IN REGARDS TO THE “SMALLER MEALS THROUGHOUT THE DAY” PHILOSOPHY. WHEN YOU GO CAMPING A SMART CAMPER WILL KEEP THE FIRE STOKED WITH “KINDLING” TO KEEP THE FIRE GOING. ANOTHER CAMPER MAY THROW A BIG LOG ON AND NOT HAVE AS BRIGHT OR WARM A FIRE. TAKING BOTH EXAMPLES WHEN EACH AWAKES IN THE MORNING THE SMART CAMPER WILL JUST FIND ASHES; THE OTHER WILL FIND HALF OF THE BIG LOG REMAINING. NOW COMPARE THIS TO HOW YOUR BODY BURNS FOOD FOR ENERGY.