



## I WILL NEVER QUIT™ WORKOUT No.53

“HACK AWAY AT THE THOUGHTS THAT LIMIT YOUR POSSIBILITIES.”

### PART 1: THE BIG 3

- 5 X 12 SQUATS WITH DUMBBELLS (REST 30-60 SECONDS <SETS>)  
2 MINUTE REST
- 5 X 12 BENCH PRESS WITH DUMBBELLS (REST 30-60 SECONDS <SETS>)  
2 MINUTE REST
- 5 X MAX PULLUPS (REST 30-60 SECONDS <SETS>)  
2 MINUTE REST

### PART 2: 2 MILE RUN (TRAINING PACE)

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

**TODAY'S KNOWLEDGE:** Good strict form while weight training is imperative. If you are not maintaining form while lifting you are robbing yourself of the benefits of the “Time Under Tension Principle.” The more time under tension through a given range of motion the more the muscle is truly being worked. You are also more likely to injure yourself and be forced into a lay off.

### TODAY'S WORKOUT SPONSORED BY

