



I WILL NEVER QUIT™ WORKOUT No.55

“SEE FIRST WITH YOUR MIND, THEN YOUR EYES AND FINALLY YOUR BODY.”

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

PART 2: TO THE MAX

REST 2 MINUTES BETWEEN EACH SUPERSET

MAX PULLUPS
MAX PUSHUPS 2:00
MAX SITUPS 2:00

MAX PULLUPS
MAX PUSHUPS 1:30
MAX SITUPS 1:30

MAX PULLUPS
MAX PUSHUPS 1:00
MAX SITUPS 1:00

MAX PULLUPS
MAX PUSHUPS 0:30
MAX SITUPS 0:30

PART 3: 3 MILE RUN (TRAINING PACE)

TODAY'S KNOWLEDGE: When you're exercising, you shouldn't wait for thirst to strike before you take a drink. By the time you feel thirsty, you're already dehydrated. Try this: Drink at least 16 ounces of water, sports drinks, or juices two hours before you exercise. Then drink 8 ounces an hour before and another 4 to 8 ounces every 15 to 20 minutes during your workout. Finish with at least 16 ounces after you're done exercising.

TODAY'S WORKOUT SPONSORED BY

