



**I WILL NEVER QUIT™ WORKOUT No. 7**

**“AS YOU THINK, SO YOU SHALL BECOME.”**

**PART 1: RECOVERY DAY**

CHOOSE ONE OF THE FOLLOWING

TAKE THE DAY OFF FROM TRAINING COMPLETELY

OR

1 MILE RUN (WARM-UP PACE)

OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30 SECONDS)

**TODAY'S KNOWLEDGE:** “DON'T EAT ANYTHING YOU WOULD NOT WANT TO LOOK OR FEEL LIKE.” WE KNOW SOMEONE IS LAUGHING AT THIS RIGHT NOW, BUT STOP AND THINK ABOUT IT. WOULD YOU RATHER LOOK AND FEEL LIKE A LEAN PIECE OF STEAK OR CHICKEN AND SOME FRESH VEGETABLES OR A SMASHED HAMBURGER AND GREASY FRIES FROM YOUR LOCAL FAST FOOD PLACE?