



# STEPHEN NEAL WORKOUT

Stephen Neal is a former American football guard who played his entire career for the New England Patriots. He is a former world champion in freestyle wrestling, national champion amateur and collegiate wrestler at Cal State-Bakersfield. He was signed by the Patriots as an undrafted free agent in 2001 and won three Super Bowl rings with the team. He is one of a handful of NFL players who did not play college football. The following workout is what Neal is doing everyday of quarantine:

5 mile run or walk

500x Push-ups

500x Sit-ups

500x Jump Ropes