

InnerFight

Endure

Conquer

Achieve

Shoulder Smash

Arnie Shoulder Twist Press X 10

Hand Stand Push Up X10

Hang clean X10

Shoulder Shrugs X10

Shoulder Press X 25

Carry out the above exercises back to back, on completion rest for 2 minutes, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

Hand stand push up is one to watch out for here, if you are unable to perform it properly then reduce the angle of your body, this will allow you to take some of the strain on your chest, don't get used to it though as we want you to be able to do full hand stand push ups.

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