

InnerFight

Endure

Conquer

Achieve

Circuit Of Love

100 Skips
12 Press Ups
20 Military Squats
Wide Arm Pull Ups x 8
Box Jumps x 12
30 Sec Plank

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

Try timing your rounds on this training and whilst keeping good form in all exercises make sure that you hit or beat your target time each round. You will have to dig deep in the last round but that's where the real InnerFight comes out of you.

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