

# InnerFight

Endure

Conquer

Achieve

## Chest PUP

Decline Bench Press x 10

Cable cross-over x 10

Clap Press Ups x 10 (see press up variations)

Bench Press x 10

Dumbbell Pull Overs x 10

Plank – 30secs

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**

The reps are low so focus, you may not be able to lift as much as you are used to do to the enormous overload you are going to experience here, don't let that worry you, lift as much as you feel comfortable with whilst maintaining good form.

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