

# InnerFight

Endure

Conquer

Achieve

## C.O.W

30 sec Ball Buster Row  
Wall Climbers x 20  
Plate Raises x 10  
Plate Extensions x 10  
Bench Hand Step Ups x 10  
Shoulder Protection 1 min

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**

After your row (which you have to give your all) you have to grad your breath back as quick as you can, don't wait though get into the Wall Climbers as soon as you can, the idea is that you are under strain and out of breath.

**[www.innerfight.com](http://www.innerfight.com)**

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