

# InnerFight

Endure

Conquer

Achieve

## Farmers Walk

Dumbbell Shoulder Press x 10  
20meters Farmers Walk  
Rest 1 minute, repeat 3 sets

Up Right row x 10  
20meters Farmers Walk  
Rest 1 minute, repeat 3 sets

Lat pull Down x 10  
20meters Farmers Walk  
Rest 1 minute, repeat 3 sets

Bent Over Rows x 10  
20meters Farmers Walk  
Rest 1 minute, repeat 3 sets

### **InnerFight Guide and Tips**

This is a traditional Superset workout so make sure you move from the exercise right into the Farmers walk. For the farmers walk use a weight that is going to make you work, its only 20 meters so work hard.

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