

InnerFight

Endure

Conquer

Achieve

Front and Back

Bench Press x 10

Cable cross-overs x 10

Dumbbell Pull overs x 10

Clap Press Ups x 10 (see push up variations)

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

Decline Bench – Wide (20 reps), Normal (20 reps), Close Grip
(20reps)

Rest 2 minutes

Supine Row x 10

Seated cable Row x 10

Olympic bar pulls x 10

One Arm Pulls x 10

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

Bent over row 20reps

InnerFight Guide and Tips

This is giant sets at their best, of course by the fourth exercise you are going to be getting tired and the muscle may give a burning sensation but remain focused and just watch the muscles develop.

The high rep set at the end is designed to give the muscles a little bit of endurance, if you want to do more reps feel free.

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