

InnerFight

Endure

Conquer

Achieve

InnerFight

15 wide arm pull ups

15 Clean and Press

15 Squats

250m row

10 wide arm pull ups

10 Clean and Press

10 Squats

250m row

5 wide arm pull ups

5 Clean and Press

5 Squats

250m row

Carry out the above exercises back to back.

InnerFight Guide and Tips

This workout is only 1 round so you have to give it everything you have got. The rows are purely psychological, get your mind in gear and the rest of it will be a walk in the park. Make sure you record your times!!

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