

# InnerFight

Endure

Conquer

Achieve

## Gym 101

Bench Press x 10  
Dumbbell Arm Curls x 10  
Tricep Pull Downs x 10  
Chin Ups x 10  
Decline Press Ups x 10  
Arnie Skull Crusher x 10  
Plate Raises x 10  
Plate Extension x 10  
Wills 21's

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**

This training gets every part of your upper body so be ready. Use good form all the way through and move from one exercise to the next with minimal rest in order to get that heart rate pumping.

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

Anyone Undertaking these exercises agrees to the Innerfight.com Disclaimer, Privacy policy and Terms & Conditions