

InnerFight

Endure

Conquer

Achieve

Half & Half

Round 1:

Skipping x 500

Prison Squat x 100

Press ups x 100

Crunches x 100

Repeat all the above exercises without rest then at the end rest 4 mins

Round 2:

Skipping x 250

Prison Squat x 50

Press ups x 50

Crunches x 50

Repeat all the above exercises without rest then at the end rest 4 mins

Round 3:

Skipping x 125

Prison Squat x 25

Press ups x 25

Crunches x 25

InnerFight Guide and Tips

This is all about rhythm, basic exercises that everyone knows, how can they possible be tough? Keep your rhythm and you will love this training.

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