

# InnerFight

Endure

Conquer

Achieve

## Lock Down

30 sec buster row

Prison Squat x 10

Decline Press ups x 10

Box Jumps x 20 (10 each leg)

Double crunch x 10

Push Press x 10

Plank 30 sec

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**

You should be giving the rower your all so when you come to the prison squats you are already short of oxygen and in the zone. The Plank at the end requires controlled breathing and the 30 seconds will pass you by with ease.

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

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