

# InnerFight

Endure

Conquer

Achieve

## Pump up the Pins

10 Slow Squats (4 secs down, 4 secs up)

10 leg extensions (negative only)

Rest 1 minute, repeat 3 sets

50 skips

10 lateral squats

10 Bunny Hops

30 secs Plank

Rest 1 minute, repeat 3 sets

10 dead lifts

20 high steps

Rest 1 minute, repeat 3 sets

### **InnerFight Guide and Tips**

This is a superset workout so make sure you go right into the following exercise for maximum benefit..

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