

InnerFight

Endure

Conquer

Achieve

Pure Power

10X Clean and Press
25 X Box Jumps
10 X Clap Push ups
25 X Dead lifts
10 X Hand Steps each arm
30 second row (Uphill)
30 second plank

Carry out the above exercises back to back, on completion rest for 3 minutes, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

This is a power workout so make it one. Be explosive where you can and think of power all the way through. Clean and press and dead lift need extra care on technique, if you need help ask for it.

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