

# InnerFight

Endure

Conquer

Achieve

## Butterfly

10 bent over rows

10 seated cable row

15 seated reverse flys

Rest 1 minute, repeat 3 sets

20 wide arm pull ups

12 shoulder shrugs

15 wide arm push ups (see push up variations)

Rest 1 minute, repeat 3 sets

10 Arnie shoulder press

10 plate raises

15 lateral raise

Rest 1 minute, repeat 3 sets

### **InnerFight Guide and Tips**

These giant sets will create a great feeling in your muscles by the end of the training.

They overload the muscles asking you to dig deep and all the way through the workout especially as all the exercises are concentrated on the back and shoulders.

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