

InnerFight

Endure

Conquer

Achieve

4 - MAT

10 X Bench Press
15 X Double Crunch
10 X Wide Arm Pull Ups
Plank 45 sec

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

10 X Dumbbell Flies
10 X Weighted Press Up (put a weight plate on your back)
10 X Close Grip Pull Ups
Plank 45 sec

Complete the above exercises back to back, Rest 1 min this is 1 round, repeat 3 rounds

Decline Bench – Wide (20 reps), Normal (20 reps), Close Grip
(20reps)

InnerFight Guide and Tips

This will get your chest moving like you need it, there are two sets of exercises that you have to complete back to back to make the round, 3 rounds of each and then 1 nice round of decline bench altering your grip every time. Chest is one area when often the full range of motion is not used, make sure you work all parts of the chest by using your full range.

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