

# InnerFight

Endure

Conquer

Achieve

## In the Beginning

50 Wide Arm Pull Ups

50 Press Ups

3 mins rest

40 Wide Arm Pull Ups

40 Press Ups

2:30 mins rest

30 Wide Arm Pull Ups

30 Press Ups

2 mins rest

20 Wide Arm Pull Ups

20 Press Ups

1:30 mins rest

10 Wide Arm Pull Ups

10 Press Ups

### **InnerFight Guide and Tips**

Make sure that you do the pull ups and press ups back to back without rest, you get your rest after you have completed your set. If you are unable to do the specified number of pull ups the correct way then revert to jumping pull ups. You should have a target number of normal pull ups in each set though that you have to achieve. Always strive to be better and the best would do wide arm pull ups all the way through.

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