

# InnerFight

Endure

Conquer

Achieve

## Crazy Lady

11 x Seated Dumbbell Curls

Wills 21s

20 x Z-Bar Reverse Grip Curls (see z bar standing curls)

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

11 x Olympic Bar Curls

Z-Bar Standing Curl

11 x Close Grip Pull Ups

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

11 x Z-Bar Seated Tricep Extensions

11 x Preacher Curl

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

### **InnerFight Guide and Tips**

This training will pump your arms right up, there is no race, the slower you go the better here, stay controlled, keep good rhythm and maintain great form. As Arnie says "watch the muscles grow".

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