

InnerFight

Endure

Conquer

Achieve

Bad Boys

Dumbbell Bench Press X 10

Split Push Ups X 10 (see push up variations)

Core Bench Press X 15

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

Squats X10

Split Box Jumps X 10

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)

Leg Extension X 40

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

InnerFight Guide and Tips

This is a super set workout so make sure you do the exercises back to back and then take your rest between rounds. The big muscle groups used here will release your endorphins and really get you working, make the best of it.

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