

InnerFight

Endure

Conquer

Achieve

Half Way There

30 seconds uphill row

15 wide arm pull ups

10 dead lifts

10 upright rows

10 barbell bicep curls

30 seconds Flat Row

Carry out the above exercises back to back, on completion rest for 2 minutes, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

For the uphill row put the back end of your rower on a bench that is stable. You should set a target for the uphill row and ensure that for the flat row at the end you cover the same distance.

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