

# InnerFight

Endure

Conquer

Achieve

## COD

150 skips

10 X Squats

5 (each arm) One arm power clean

10 X Lateral Box jumps

10 X Bench Hand Step Ups each arm

500m Row

Carry out the above exercises back to back, on completion rest for 4 minutes, this is 1 round. Repeat 3 rounds

### **InnerFight Guide and Tips**

Maximum effort is required on the first 5 exercises so that you have to dig very deep on the rower. The rower however should be a gage and you should set a clear goal for the 500m row and make sure you reach it every time.

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