

# InnerFight

Endure

Conquer

Achieve

## Britney

15 Wide Arm Pull Ups  
15 Dead lift  
15 Military Press  
15 double crunch  
11 Wide Arm Pull Ups  
11 Dead lift  
11 Military Press  
11 double crunch  
10 Wide Arm Pull Ups  
10 Dead lift  
10 Military Press  
10 double crunch

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

### **InnerFight Guide and Tips**

If you cant quite do wide arm pull ups for the entire training then use jumping pull ups, a little jump off the floor to get you up there.

**[www.innerfight.com](http://www.innerfight.com)**

Anyone Undertaking these exercises agrees to the Innerfight.com Disclaimer, Privacy policy and Terms & Conditions