

# InnerFight

Endure

Conquer

Achieve

## Legless

Deep Squats X 10

Box Jumps X 20

2 mins rest, repeat 3 rounds

Squats X 8

Negative Leg Extension X 8

2 mins rest, repeat 3 rounds

Double Unders X 50

Lateral Squats X 12

2 mins rest, repeat 3 rounds

### **InnerFight Guide and Tips**

If gaining muscle mass is your goal then this is a perfect workout where you can load up the weights and really let the endorphins flow. If that's not your goal then technique combined with speed of execution is the key here, you may also want to reduce the rest and up the rounds to 4.

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