

InnerFight

Endure

Conquer

Achieve

Al Isra

50 Double Unders
15 Wide Arm Pull Ups
20 Knees to Elbows
15 Clean & Press
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

If you can not do 50 Double Unders then do 100 single skips as quick as you can. Get a weight on the clean and press that is going to challenge you and not give you a rest before your row. On the row set a target time for all three rounds, preferably the same time for each, and as fast as you can go.

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