

InnerFight

Endure

Conquer

Achieve

RockStar

3 Rounds (non stop)

21-15-9

Push Press

Box Jumps

Burpees

200m Row

InnerFight Guide and Tips

The first round you do 21 reps of the 3 exercises followed by your 200m row, then you do 15 reps followed by the row and then 9 reps followed by the row. This workout will not take very long so make sure you really push yourself, set targets on the rower and make sure you achieve them. Its non stop do don't rest, just remember that when you rest is due at the end its all over. ON your burpees make sure your chest goes all the way down and touches the floor and don't forget to jump at the end.

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