

InnerFight

Endure

Conquer

Achieve

Beijing 2008

30 secs ball buster row
15 Wide Arm Pull Ups
40 meters Farmers Walk
25 Double Unders
40 seconds Plank

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

InnerFight Guide and Tips

Set a PB in the opening row, don't let off the gas at all, we want you to be in all sorts of trouble when it comes to your pull ups. If you normally struggle with pull ups try jumping pull ups, use your legs to spring you up, not so easy if your pull up bar is high on the wall. Get your double unders out, if you can do them double the rest and skip normally. The plank needs controlled breathing and could be considered as a rest. Make this training hard by using plank as your rest and going straight back on to the rower each round.

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