

InnerFight

Endure

Conquer

Achieve

Leg Shox

10 X Calf Raise

10 X Squats

Bench Lunges 5 each leg

10 X Split box jumps

Uphill row 30 secs

Carry out the above exercises back to back, on completion rest for 2 minutes, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

This workout is going to hit your legs hard hence the name. As with all workouts form is the key and this one is no different, make sure you use a good range of motion on all the exercises. For the uphill row place the back end of the machine on a bench around 24 inches high and drive the legs as hard as you can.

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