

InnerFight

Endure

Conquer

Achieve

Crystal Clear

400m Run

Clean and Press x 10

Lunges x 50

Bench Press x 30

250m row

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

Get your 400m started as fast as you can. Save nothing. Smash through the clean and press, lunges and bench press and then deliver your best row for 250meters. On your row hard a target time and be sure to beat it,

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