

# InnerFight

Endure

Conquer

Achieve

## Road Works

50 double unders  
Wide Arm Pull ups x 15  
Box jumps x 20  
Burpees x 20  
50 double unders

Carry out the above exercises back to back, this is 1 round. Complete 4 rounds back to back without stopping

### **InnerFight Guide and Tips**

You may like to try and pace yourself here for the 3 non stop rounds and we fully support that so long as your pace is as fast as you are able, no rest between exercises and you have steam coming off you at the end. What we are saying is "Leave nothing in the tank"

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