

InnerFight

Endure

Conquer

Achieve

Burn

50 Double Unders
Push Press x 10
Hang Clean x 10
Lateral Squats x 10 (5 each side)
Wills 21's
25 Double Unders

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

InnerFight Guide and Tips

Whilst maintaining good form on all exercises why not take a stop watch with you on this training to make sure that you are maintaining consistent times, write them down so that the next time this comes up you are ready to beat the times.

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