

InnerFight

Endure

Conquer

Achieve

Whippet

Run 400m

Wide Arm Pull ups x 10

Lunges x 50

Double Crunch x 50

Run 300m

Wide Arm Pull ups x 10

Lunges x 50

Double Crunch x 50

Run 200m

Wide Arm Pull ups x 10

Lunges x 50

Double Crunch x 50

Run 400m

Carry out the above exercises back to back

InnerFight Guide and Tips

Mentally this is an easy training as you only have to complete the exercises once through and you are done, its good on your time so make it hard on your body, run as fast as you can, don't rest between exercises and make sure you complete every exercise with good form.

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