

# InnerFight

**Endure**

**Conquer**

**Achieve**

## Delicious

Burpee to Box Jump x 10  
Bench Hand Step ups x 10  
Farmers Walk x 20m  
Overhead Squats x 15  
Forward Bear Crawl x 20m  
Clean and Press x 20

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**

On your burpees make sure your chest touches the floor for each rep. For overhead squats start light until you are comfortable with the movement.

[www.innerfight.com](http://www.innerfight.com)

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