

InnerFight

Endure

Conquer

Achieve

One Love

Skips x 100

Wills 21's (on Swiss ball or wobble board)

Core Bench Press x 20 (10 each side)

Military Press x 20

Tricep Dips x 20

Knees to Elbows x 10

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

InnerFight Guide and Tips

If you can do double unders do 50 instead of 100 skips. Carry out the Knees to Elbows very slowly for maximum effect. Time your workout and note it down so the next time this one comes round you know what you are aiming for.

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