

InnerFight

Endure

Conquer

Achieve

Cross Fire

10 X Wide Arm Pull Ups

10 X Squats

10 X Bench Press

10 X Plyo Lunges

10 X Military Press

10 X Split box Jumps

10 X Barbell Curl

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

Complete the above exercises back to back to form 1 round. Be sure to use good form and technique in all exercises. Move directly from one exercise to the next with minimal rest for maximum benefit.

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