

# InnerFight

Endure

Conquer

Achieve

## Desert Palm

200m Farmers Walk (on treadmill)  
Push Press X10  
Burpee Pull ups X 10  
One Arm Power clean X 5 (each arm)  
Skips 100 normal / 50 double unders

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**

Set your treadmill speed to a minimum of 7 to put yourself under pressure from the start, make sure you break 90 degrees on your push press and that your chest hits the floor on your burpees into pull ups.

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

Anyone Undertaking these exercises agrees to the Innerfight.com Disclaimer, Privacy policy and Terms & Conditions