

InnerFight

Endure

Conquer

Achieve

On a Plane

Wide Arm Pull ups x 10
Hang Cleans x 10
Box Jumps x 20
Shoulder Press x 10
Lateral Squats x 5 (each leg)
Bent Over Rows x 20

Carry out the above exercises back to back, rest for 2 minutes, this is 1 round. Complete 4 rounds.

InnerFight Guide and Tips

Don't rest between exercises in any InnerFight training and especially not this one, if you have a break the intensity is gone and so is the effect we are trying to cause. Keep going, you will get through the reps and you get your rest between the rounds and once the workout is over.

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