

# InnerFight

Endure

Conquer

Achieve

## Hard Pressed

Bench Press x 6 (body weight)

Dead lift x 12 (body weight)

Shoulder press x 6 (1/2 body weight)

Hang Cleans x 12 (1/2 body weight)

Row 250m

Carry out the above exercises back to back, rest for 3 minutes, this is 1 round. Complete 4 rounds.

### **InnerFight Guide and Tips**

This training is related to body weight but if you feel the need to alter the weights please do so. Some very compound moves here finished off with a nice 250m row which you should be flat out on, set your goal and then smash it to bits. Don't under sell yourself on the exercises though, go as hard as you can.

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