

InnerFight

Endure

Conquer

Achieve

Green Grass

Skips x 100 normal or 50 double unders
Split hand push ups x 10 (see push up variations)
Double Crunch x 50
Burpees x 10
Squats x 50
Clap push ups x 10 (see push up variations)
Lunges x 50

Carry out the above exercises back to back, on completion rest for 1 minutes, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

Work your double unders, don't settle for normal skips, the better you get at them the easier they will feel just keep working them. The skipping will set you up nicely for the rest of the training, it will hit your chest and your legs as well as your lungs and your InnerFight. Stay focused and keep good form, at the end of the 4 rounds you will feel awesome.

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