

# InnerFight

**Endure**

**Conquer**

**Achieve**

## Cloud Cover

500m row

10 pull ups

10 Push Press

10 Bench hand step ups

10 bench jump over's

Carry out the above exercises back to back, on completion rest for 3 minutes, this is 1 round. Repeat 3 rounds

### **InnerFight Guide and Tips**

Set a target time for your row for all three sets and ensure that you beat it. If you don't you owe yourself an extra 500m at the end

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