

InnerFight

Endure

Conquer

Achieve

Flip and Reverse it

10 split push ups (see push up variations)

15 bent over rows

10 Swiss ball cable flies

15 wide arm pull ups

10 core bench

15 reverse grip bent over rows

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

InnerFight Guide and Tips

The shorter rest on this training will put you under more pressure whilst completing the exercise.

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