

# InnerFight

**Endure**

**Conquer**

**Achieve**

## Gold Rush

1000meter row  
20 wide arm pull ups  
40 regular push ups (see push up variations)  
60 crunches  
500meter row  
10 wide arm pull ups  
20 regular push ups(see push up variations)  
30 crunches  
250meter row  
5 wide arm pull ups  
10 regular push ups(see push up variations)  
15 crunches  
250 meter row

Carry out the above exercises back to back, this is 1 round. Complete only 1 round.

### **InnerFight Guide and Tips**

Set realistic targets for your rows, don't kill yourself on the first 1000m row. Make sure your chest is hitting the floor on the push ups or they don't count.

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