

InnerFight

Endure

Conquer

Achieve

Line Up

50 double unders
10 clean and press
20 burpees
10 military press
20 Push Press
10 wide arm pull ups

Carry out the above exercises back to back, on completion rest for 2 minute, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

If you can only do 1 double under at once then this training will take you a little longer, but persevere as they only get easier. Make sure your chest touches the floor for each rep on the burpees.

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