

InnerFight

Endure

Conquer

Achieve

Arwa

Pull Ups X 20

30 Secs Row

Clap Push Ups X 10

Power Lunges X 10

Double Unders X 50

Carry out the above exercises back to back, on completion rest for 3 minutes, this is 1 round. Repeat 4 rounds

InnerFight Guide and Tips

Make sure your arms are fully extended on your pull ups and that your chin is over the bar, if you are struggling then do jumping pull ups. 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.