

# InnerFight

Endure

Conquer

Achieve

## Down Stream

Row 500 meters  
20 box jumps  
10 hand step ups  
20 box jump over's  
Wills 21's  
Rest 2 minutes

50 double unders  
20 box jumps  
10 hand step ups  
20 box jump over's  
Wills 21's  
Rest 2 minutes

Row 500meters  
20 box jumps  
10 hand step ups  
20 box jump over's  
Wills 21's

### **InnerFight Guide and Tips**

Work hard on the Wills 21's, make sure each rep is as close to perfect as can be. Its key that you only rest for 2 minutes on this training, anymore and you wont get the same effect

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