

# InnerFight

Endure

Conquer

Achieve

## Dirty Thirties

30 Secs Skip

30 Secs Flat Row

30 Box Jumps

30 Hang Cleans

30 Secs Inc Row

30 Secs Plank

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

### **InnerFight Guide and Tips**

Make it tough on yourself and do 30 seconds of double unders then get into the flat row and give it everything. The box jumps and hang cleans are purely mental due to the quantity of them so get in your groove and bang them out. Then its just the row and the plank recovery. Your lungs will burn but at the end so will your smile.

**[www.innerfight.com](http://www.innerfight.com)**

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