

InnerFight

Endure

Conquer

Achieve

Michigan

Double Unders x 50

Box Jumps x 20

Bench Hand Step ups x 10 (each hand)

Lateral Squats x 10

200m Farmers Walk

Box Jumps x 20

Bench Hand Step ups x 10 (each hand)

Lateral Squats x 10

400m Run

Box Jumps x 20

Bench Hand Step ups x 10 (each hand)

Lateral Squats x 10

200m Run

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

InnerFight Guide and Tips

Work your double unders, don't settle for normal skips, the better you get at them the easier they will feel just keep working them. 1 round will take time that's why the training is only 2 rounds total, don't pace yourself during the rounds though, go as hard as you can for every exercise to get the full effect

www.innerfight.com

Anyone Undertaking these exercises agrees to the Innerfight.com Disclaimer, Privacy policy and Terms & Conditions