

InnerFight

Endure

Conquer

Achieve

Power Row

15 X Clean and Press

500m Row

Carry out the above exercises back to back, this is 1 round. Complete 3 rounds non stop without rest.

InnerFight Guide and Tips

This training is all over in less than 15 minutes so you have to work very hard to ensure the intensity. Pick a weight on your clean and press that is going to put you under pressure all the way through. Set a target time for all three rows and be sure that you make it and even better beat it each time. Be hard on yourself though and set hard but achievable targets

www.innerfight.com

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