

# InnerFight

Endure

Conquer

Achieve

## Oasis

Double Unders x 100  
Tricep Dips X 20  
Power Lunges X 20  
Wills 21's  
Split Box Jumps X 20  
Wall Ball Shots X 20  
Box Jumps X 20  
Reverse Plank 1 minute

Carry out the above exercises back to back, rest 2 minutes, this is 1 round. Complete 4 rounds

### **InnerFight Guide and Tips**

Yes 100 double unders to kick this off is tough, if you can not do doubles then do singles but work at your doubles, when you can do them they are great. The reps are high in this training so stay focused throughout them and don't let your form drop. Mentally sometimes high reps are harder to work with so it may help to count your reps in sets of 5.

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

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