

InnerFight

Endure

Conquer

Achieve

Deadlock

500m Row

10 wide arm pull ups

20 burpees

30 prison squats

500m run

10 wide arm pull ups

20 burpees

30 prison squats

500 skips

10 wide arm pull ups

20 burpees

30 prison squats

Carry out the above exercises back to back.

InnerFight Guide and Tips

This is a 1 round training so go hard, it won't last long but it will be hard work. Start hard on the rower, set a PB, why not?

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