

InnerFight

Endure

Conquer

Achieve

Black & White

50 Double Unders

40 Box Jumps

50 Jumping Pull Ups

40 Walking Lunges

60sec Plank

Rest 2 minutes & repeat 3 Rounds

Targeting your lower body strength endurance, set a pace and rhythm to maintain and work to. There are lots of reps required so focus and keep good count – you don't want to be doing extras!!

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