

InnerFight

Endure

Conquer

Achieve

Cara

30 sec Ball Buster Row

15 Push Press

Wills 21's

15 Wide Arm Pull Ups

20 Press Ups

45sec Plank

Rest 1 minute & repeat 3 Rounds

Aim for your personal best on the rowing, really drive your legs and feel the power. Keep a good pull rate and keep going all the way to the end of the 30secs – do not stop short!

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