

# InnerFight

Endure

Conquer

Achieve

## Frank the Tank

9 Squat Jumps

9 Cleans

9 Push Press

9 Leg Extensions

9 Clap Press Ups

Rest 2 minutes & repeat 5 Rounds

It's not a mistake – it is 5 rounds and only 9 reps on each exercise. Make sure to use explosive power in the squat jump, attain as much air time as possible.

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