

InnerFight

Endure

Conquer

Achieve

BS

10 Deadlift

10 Close Grip Pull Ups

10 Supine Row

20m Farmers Walk

20 Press Up Burpee

45sec Plank

Rest 1 minute & repeat 4 Rounds

Its all about pulling power, strong grip, forearms and good technique – Don't let the bar or dumbbells slide out your hands, make sure to keep a towel close by!!

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