

# InnerFight

Endure

Conquer

Achieve

## Chest Power

25 60Kg Bench Press

6 Jumping Press Ups

8 Deadlift (Heavy)

12 Pull Ups

45 sec Plank

Rest 2 minutes & repeat 4 rounds

Keep your form and technique throughout all of the exercises, push to keep your time of rest to a minimum in between the exercises – then rest when finished.

**[www.innerfight.com](http://www.innerfight.com)**

Anyone Undertaking these exercises agrees to the Innerfight.com Disclaimer, Privacy policy and Terms & Conditions