

# InnerFight

Endure

Conquer

Achieve

## Gym Monkey

11 Decline Dumbbell Bench Press

11 Bent Over Row

11 Wide Grip Pull Ups

11 Hammer Grip Pull Ups

11 Clap Press Ups

Rest 2 minutes & repeat 4

Targeting your upper body, make sure you have fully warmed up regardless, as you have to make sure you don't injure yourself. 4 rounds and you will be pumped.

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

Anyone Undertaking these exercises agrees to the [Innerfight.com](http://www.innerfight.com) Disclaimer, Privacy policy and Terms & Conditions