

# InnerFight

Endure

Conquer

Achieve

## Breakfast

12 Push Press

20m Farmers Walk

12 Split Box Jumps

6 Dumbbell Throws

1 min Skip

30 sec Plank

30 sec Side Plank

30 sec Side Plank

Rest 2 minutes & repeat 4 rounds

Its one of the longer circuits with more exercises than usual, however, this only requires you to be more organised before and during your 'Breakfast' session!

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

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