

# InnerFight

Endure

Conquer

Achieve

## Push Press Mania

20 Push Press / 20 Pull ups

15 Push Press / 15 Pull ups

10 Push Press / 10 Pull ups

Rest 3 mins

15 Push Press / 15 Pull ups

10 Push Press / 10 Pull ups

5 Push Press / 5 Pull ups

Rest 2:30 mins

10 Push Press / 10 Pull ups

5 Push Press / 5 Pull ups

Rest 2 mins

5 Push Press / 5 Pull ups

### **InnerFight Guide and Tips**

Put a bench or a medicine ball under you for the push press and make sure you hit it each time. On the pull ups ensure that your arms are at full stretch at the bottom of the movement and that the chin is over the bar at the top of the movement. Time each of your rounds and ensure that as the reps come down in the second and third rounds that your time also comes down.

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