

# InnerFight

Endure

Conquer

Achieve

## Raw Power

Clean and Press x 10

Wide Arm Pull ups x 15

Lunge x 10

Power Lunges x 10

Carry out the above exercises back to back, rest for 2 minutes, this is 1 round. Complete 4 rounds.

100 Skips

8 Clap Push Ups (see push up variations)

10 Cable Ab Crunch

Carry out the above exercises back to back, this is 1 round. Complete 4 rounds back to back without stopping

### **InnerFight Guide and Tips**

If you want to develop some power this is the training for you, step up the weights and you will know what power is. Don't worry if your goal is not to be a power house, just don't ramp the weights up too high. The second half of the workout is designed to pump up the heart rate and starve you of oxygen so no resting at all.

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

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