

# InnerFight

Endure

Conquer

Achieve

## Wednesday

250 Row

10 Deadlift

10 Shoulder Press

30 Prison Squats

45sec Side Plank

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

### **InnerFight Guide and Tips**

Get your row done as quick as you can so you are breathing heavy when you start your deadlifts. Essentially this is a short training so make sure your execution of the few exercises is perfect.

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