

July 20, 2011

Written by Andrea

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"Death by Push up"

1 push up the first minute, 2 push ups the second minute, 3 push ups the third minute, etc., continuing until you are no longer able. Use as many sets as necessary in the minute.

Scaling: If you cannot do a push up, or your belly is in the way, do them on an elevated surface such as a tire, stair, wall, or use parallettes.

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