

**May 5, 2013**

Written by Andrea  
Saturday, 04 May 2013 18:56 -

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### **Death by Front Squat**

With a continuously running clock do one front squat the first minute, two front squats the second minute, three front squats the third minute... continuing as long as you are able.

Use as many sets each minute as needed.

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## **Advanced**

#65

## **Intermediate**

#45

## **Beginner**

#15-25