

August 17, 2013

Written by Andrea
Friday, 16 August 2013 19:34 -



Death by Back Squat

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

Use as many sets each minute as needed.

Advanced

#65

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Intermediate

#45

Beginner

#15-25