

**August 17, 2013**

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

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## **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