

September 10, 2013

Written by Andrea

Monday, 09 September 2013 18:22 -



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.

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Use as many sets each minute as needed.

Advanced

#65

Intermediate

#45

Beginner

#15-25