

April 5, 2014

Written by Andrea
Friday, 04 April 2014 20:21 -



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