

May 12, 2014

Written by Andrea
Sunday, 11 May 2014 16:55 -



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