

**April 5, 2014**

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

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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.

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Use as many sets each minute as needed.

## **Advanced**

#65

## **Intermediate**

#45

## **Beginner**

#15-25