

**May 12, 2014**

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

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## **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