



ABSOLUTE XERO

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## The Lowdown

Hell might freeze over before you master this challenge! Welcome to ABSOLUTE XERO! Representing the coldest measurable temperature known to man, absolute zero provided the inspiration to the cold hearted masterminds at ATHLEAN-X (ok, it's just me on this one!) to devise one of the most bitter challenges yet. Will you reach absolute zero or will you be an absolute zero? Big difference...and it's all going to depend on your desire to put forth an effort like never before. Trust me, you'll need ice water in your veins to make this one look easy!

## Instruxions

Don't be fooled by the straight forward exercise choice, Absolute Xero is anything but ordinary. In fact, your muscles (and lungs) should expect the unexpected here! In this challenge you will begin 75 degrees below zero. What does that mean? That is our arbitrary starting point for you. Your goal is simple. Accumulate a score that will work you all the way out of the frigid realm of "below zero" and get yourself back to "absolute xero"! You will do this by completing 8 rounds of 5 different exercises, each one using a 20 seconds on / 10 seconds off tabata cadance. Your goal is to complete as many reps as you can in good form in each 20 second period. After your 8th and final set you will total up your reps across all sets and divide by 8 to get your average. Your workout success is determined by the total you achieve across all 5 exercise averages! Achieve a score of at least 75 and you'll be back to xero! A one minute rest is allowed between exercises. Finally, on the ice skaters, each landing to the right and left counts as one individual rep (i.e. ice skater left and right = 2 reps). On the V Up Twists, each rep consists of a v up and a twist right and left.

**Equipment:** None

**Rest Time:** Perform each exercise with a 20 second on / 10 second off tempo. Rest 1 minute between completed exercises!

**PUSHUPS**      SETS: 8

TIME: 20 Seconds On / 10 Seconds Off

Remember to mark down your maximum rep totals for each of the 8 rounds. At the end of the workout you will divide this by 8 to get your average total for pushups.

1 MINUTE REST

**BODYWEIGHT SQUATS**      SETS: 8

REPS: 20 Seconds On / 10 Seconds Off

Remember to mark down your maximum rep totals for each of the 8 rounds. At the end of the workout you will divide this by 8 to get your average total for pushups.

1 MINUTE REST

**"V" UP TWISTS**      SETS: 8

REPS: 20 Seconds On / 10 Seconds Off

Remember to mark down your maximum rep totals for each of the 8 rounds. At the end of the workout you will divide this by 8 to get your average total for pushups.

1 MINUTE REST

**ICE SKATERS**      SETS: 8

REPS: 20 Seconds On / 10 Seconds Off

Remember to mark down your maximum rep totals for each of the 8 rounds. At the end of the workout you will divide this by 8 to get your average total for pushups.

1 MINUTE REST

**SPRAWLING BURPEES**      SETS: 8

REPS: 20 Seconds On / 10 Seconds Off

Remember to mark down your maximum rep totals for each of the 8 rounds. At the end of the workout you will divide this by 8 to get your average total for pushups.

Your score is determined by how far back to zero you can make it! You begin this workout 75 below zero. You must total up your reps from the 8 rounds of each of the exercises on the left and then obtain your average by dividing this number by 8. At the end of the workout, sum up your 5 averages and add it to your starting point to see how far back you've made it to absolute zero! Remember, you're starting from 75 below so you'll need a score of at least 75 or greater to obtain the perfect score on this challenge. Obtain and compare your score below...

## CHALLENGE SCORING

<b>ATHLEAN BEAT THE BOSS!!</b>	<b>3 DEGREES BELOW ZERO</b>	<b>ABSOLUTELY CLOSE!</b>
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<b>ATHLEAN XTREME</b>	<b>0 DEGREES OR HIGHER</b>	<b>ABSOLUTE XERO</b>
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<b>ATHLEAN ELITE</b>	<b>BETWEEN 1 AND 7 BELOW ZERO</b>	<b>BELOW XERO HERO</b>
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<b>ATHLEAN PRO</b>	<b>BETWEEN 8 AND 15 BELOW ZERO</b>	<b>HEATING UP</b>
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<b>ATHLEAN SOLID</b>	<b>BETWEEN 16 AND 25 BELOW ZERO</b>	<b>SUBXERO</b>
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<b>ATHLEAN BASIX</b>	<b>26 BELOW ZERO OR LOWER</b>	<b>COLD DAY IN HELL</b>
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