

The Empty Room Challenge

- Exercises shown in Video:

- **1. Wall Pushups**

- :60 / No Rest

- **2. Twisting Pistons**

- :60 / No Rest

- **3. Sprinter Lunges**

- :60 / No Rest

- **4. Elbow to Knee Planks**

- :60 / No Rest

- **5. Mule Kicks**

- :60 / No Rest

- **6. Ice Skaters**

- :60 / No Rest

- **7. Single/single Double "V"s**

- :60 / No Rest

- **8. Burpees**

- :60 / No Rest

- **9. Table Dips**

- :60 / No Rest

- **10. Touch Long Leg Bridges**

- :60 / Add up all Reps for your score.

Instructions:

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- Perform each of the 10 exercises for 1 minute / No rest between exercises.
- Count the total number of reps during each 1 minute exercise.
- Add up all reps for each exercise to determine your score.

Scoring:

- UNDER 200 TOTAL REPS – *LIFE SENTENCE*
 - 201 – 250 TOTAL REPS – *SOLITARY CONFINEMENT*
 - 251 – 300 TOTAL REPS – *"SOLID" TUBE SOLDIER*
 - 301 – 350 TOTAL REPS – *"EMPTY ROOM" RENEGADE*
 - 351 – 400 TOTAL REPS – *"EMPTY ROOM" X-SCAPEE*
 - 401 + TOTAL REPS – *"EMPTY ROOM" ELITE*
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