

# 50 CAL CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

Fastest athlete to reach 50 calories on a Rogue Echo Bike.

Tie Breaker 1: Time on the monitor when athlete reaches 25 calories.

Tie Breaker 2: Max watts output

Note - This information will be pulled from your video submission if needed

## EQUIPMENT LIST:

Rogue Echo Bike: No substitutes allowed.

Any Athlete who alters the equipment or movements described in this document or shown in the video standards will be disqualified from the competition. This includes wrapping or covering any portion of the bike's fan wheel in any way.

- \* No straps may be used in anyway
- \* Clip in pedals or toe straps are not permitted
- \* Echo Bike wind guards are not permitted. If you have purchased and installed one, it needs to be removed for the Challenge

## ECHO BIKE:

The challenge must be completed on the Rogue Echo Bike only.

Only the athlete can adjust the screen settings on the Echo Bike.

Hands and feet must stay in contact with the Echo Bike for the duration of the challenge.

Athlete may sit or stand on the bike.

Athlete should set their seat height prior to the start of their video.

## FLOW:

This workout begins with the athlete verbally stating their name, age division and challenge name.

Next the athlete will set the monitor to count down from 50 calories.

When the monitor is accurately set, they may assume their starting position of either standing or sitting on the bike.

Once the athlete has their starting position, they may complete the 50 calories for time.

## ELIGIBILITY STANDARDS AND AGE GROUPS:

Male 18 and over

Female 18 and over

Male 17 and under

Female 17 and under

### *Birthday cut off rule:*

*Each athlete will be automatically entered into the applicable age group during the registration process based on their age at the close of the competition.*

*To be considered as a competitor, the athlete must register for the challenge at [roguefitness.com/challenges](http://roguefitness.com/challenges) and follow all workout and video flows as outlined.*

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## **VIDEO SUBMISSION STANDARDS:**

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound should be on during the filming. Be sure the athlete has adequate space to safely complete the movement and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

Shoot the video from an angle so that as much of the competitor and Echo bike are visible throughout the entire challenge.

The video will need to zoom in on the bike monitor 3 times during the competition:

1. Before the start of the motion to show 50 calories set on the bike.
2. When the athlete is approaching 25 calories so that the tie breaker time can be seen.
3. After the athlete is done so the time, calories showing 50 and max watts can all be seen in the frame.

Failure to show these items makes the video submission ineligible.

Refer to the demo video on the Rogue website for a visual for how the workout and video should flow.

## **COVID CDC GUIDELINE:**

All participants, judges and witnesses must follow all social distancing and other local guidelines related to COVID-19 during the course of participation in the competition.

*Video submissions may be rejected if such guidelines are not followed.*

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TOTAL TIME \_\_\_\_\_ TIEBREAK TIME \_\_\_\_\_ MAX WATTS OUTPUT \_\_\_\_\_

JUDGE/WITNESS \_\_\_\_\_ JUDGE/WITNESS SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE/WITNESS SIGNATURE

\_\_\_\_\_  
DATE

JUDGE COPY

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ATHLETE COPY

TOTAL TIME \_\_\_\_\_ TIEBREAK TIME \_\_\_\_\_ MAX WATTS OUTPUT \_\_\_\_\_

JUDGE/WITNESS \_\_\_\_\_ JUDGE/WITNESS SIGNATURE \_\_\_\_\_  
PRINT

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT

I confirm the information above accurately represents the athlete's performance for this workout.

\_\_\_\_\_  
JUDGE/WITNESS SIGNATURE

\_\_\_\_\_  
DATE

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## SETTING THE ROGUE ECHO BIKE MONITOR



1. Press Target Calories.



3. Once 50 calories has been selected, the word CALORIES will flash and the monitor is set ready for the challenge.



2. Change the calories displayed using the up and down arrow buttons until the monitor is set to 50 calories.



4. The athlete can now start the challenge.

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5. On completion of the 50 calories the video must clearly show the time taken to complete the challenge on the monitor as well as the max watts output. The monitor will hold both the time and the max watts after the 50 calories have been reached.

5.1 Note - Your bike monitor will flash between AVG Watts and MAX watts. Make sure your video clearly captures the MAX watts when displayed.

