50 CAL CHALLENGE

CHALLENGE/SCORING:
For Time:
Complete 50 calories on a Rogue Echo Bike

Tie breaker: Max watts output
Tie breaker 2: Lowest body weight

* This information will be pulled from your video submission if needed

DEADLINES AND SUBMISSIONS:
Challenge Start Date & Time: March 15 at 9 AM Eastern Time
Challenge Close Date & Time: March 25 at 8 PM Eastern Time

* Scores cannot be updated or added to the leaderboard following the competition close date and time.
* Please allow sufficient time for completing and submitting your score and video in advance.

SCORE SUBMISSION NOTES:
Scores for this competition will display the total time to complete the 50 Calories

* Tiebreak with be the max wattage displayed on the monitor

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:
Competitive Division
   Men - ages 18 and over
   Women - ages 18 and over
   Men - ages 17 and under
   Women - ages 17 and under

Community Division
   Men - ages 18 and over
   Women - ages 18 and over
   Men - ages 17 and under
   Women - ages 17 and under

* Competitive division athlete scores count towards "Overall Challenge" and are required to follow all rules and
   requirements outlined.
* Community division athletes scores do not count toward the "Overall Challenge", are not eligible for official records or prizes
   as submissions will not be heavily judged. Video submissions are not required. Athletes will receive t-shirts (if purchased) and
   registrations count towards a gym's total sign up.

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* Birthday cutoff rule: Each athlete will need to select their age division during the registration checkout 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 and follow all workout and video flows as outlined.

EQUIPMENT NEEDED TO QUALIFY:

- Rogue Echo Bike: No substitutes allowed
- Recommended: 10' x 10' clear unobstructed area in which to perform the movement required with no other equipment in the space
- Digital weight scale to record bodyweight of the athlete (Analog scales are NOT permitted)
- Kettlebell or Dumbbell for scale verification

Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Lifting belts including nylon, powerlifting, Olympic or similar,
- Knee sleeves (single layer)
- Wearing shoes is required

Not Permitted Equipment:

- Straps of any kind
- Clip in pedals or toe straps
- Seats other than the stock Echo Bike
- Wrapping or covering any portion of the bike's fan wheel in any way including using an Echo Bike wind guard. If you have purchased and installed one, it must to be removed for the Challenge
- Weighing down or anchoring the bike in anyway including plates or sandbags stacked on feet etc
- Any other modifications made to the stock Rogue Echo Bike

FLOW:

This workout begins with the athlete either seated or standing on the Echo bike and the monitor set to count down from 50 calories.

When the athlete is ready they will begin pedaling until the full 50 calories is completed.

The athlete must remain on the bike with their hands and feet in contact until all 50 calories are complete.

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MOVEMENTS:

Echo Bike

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

- The challenge starts with the athlete either seated or standing on the bike.
- 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 - no hands or feet only cycling.
- Athlete may sit or stand on the bike.
- Athlete should set their seat height prior to the start of their video.

* The official time to complete 50 Cal will be taken from the monitor of the Rogue Echo Bike

* Any athlete who alters/modifies the equipment or movements described in this document may be disqualified from the competition if deemed by the head judges to give an unfair advantage.

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 movements and clear the area of all extra equipment, people, or other obstructions so that the video is clear.

The video should be shot from a 45 degree angle facing the athlete on the bike with the camera positioned to show all of the athlete and bike in full view. Critical items that need to be clearly visible on the video:

1. Clearly show the full body of the athlete on a digital scale and their bodyweight
2. The athlete setting the Echo Bike monitor to 50 cals
3. Full Echo Bike showing it is not anchored down, does not have a wind guard, and no clip in pedals of any kind and stock/standard seat
4. The dumbbell and full length of athlete, showing the approved hold position in full view for duration of hold.
5. Following the challenge, a close up showing the monitor while displaying the finish time and all data on screen as it scrolls through. Total time and max watts need to be clearly visible.

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The athlete will need to follow the steps outlined below:

1. The submitted video should start with the entire athlete in frame stating their name followed by the challenge name and their chosen division.

2. The athlete needs to show the camera all supportive equipment they are wearing or will wear for the challenge to confirm it all matches the rules outlined.

3. The camera needs show the a 360 degree walk around of the Echo bike specifically showing the following:
   - There are no wind guards/wind blocks added to the fan wheel.
   - The bike is not anchored to the floor in any way to include stacked plates or sandbags on bike feet or any of kind straps/bolts anchoring the bike etc.
   - There are no clip in pedals used.
   - The bike has the stock seat on it.
   - There are no other modifications made to the bike .
   - If you have questions about your Echo Bike setup, please email pictures and an explanation to judging@roguefitness.com for approval before your challenge attempt.

4. The athlete needs to weigh themselves as shown in the challenge demo video.
   - This process needs to start with showing scale verification by placing a plate, kettlebell or dumbbell on the scale and showing the scale reading is correct.
   - Camera must show the full length of the athlete - in all of the clothing/gear to be used for the challenge on the scale and clearly show the scale reading.
   - This will be used a tie breaker only if needed.

5. Capture the bike monitor being set to 50 calories.
   - See the attached pdf for step by step process on this if needed.

6. The camera can then back up to the final 45 degree filming angle.
   - The athlete can sit onto the bike if they are not already.

7. When the athlete is ready they may begin the 50 Calories for time.

8. After the athlete has completed the 50 Cal attempt, the camera needs to move in and show the bike monitor screen.

- The final overall time and and the max watts output both need to be visible on screen/in the video.

* Failure to show these items makes submission subject ineligible.
* Refer to the demo video on the Rogue website for a visual for how the workout and video should flow.

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CHALLENGE
ROGUE

ATHLETE SCORECARD:

Video Submission Checklist:

Please confirm that your video clearly shows the following items as defined in the video submisison standards.

Your submission needs to show:

1. Full Echo Bike and athlete on it during the Challenge attempt.
2. Supportive Equipment worn by athlete.
3. Confirm bike standards - full 360 walk around of bike to show no modifications or anchoring down of the bike.

4. Scale verification using a dumbbell or kettlebell.
5. Athlete weighing themselves on video.
6. The athlete setting the bike monitor to 50 cals.
7. A close up of the bike monitor after the challenge has ended clearly showing the 50 cal time and max watts output.

Failing of your video to show these items may disqualify your workout submission. Athletes should keep all photos and videos until winners have been announced in case it is requested from the judge. Shooting multiple videos from different angles of your workout is a good fail-safe in the event that a primary video doesn't clearly show a specific video requirement clearly.

FINAL 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

- -

ATHLETE COPY

FINAL 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

ROGUE CHALLENGE

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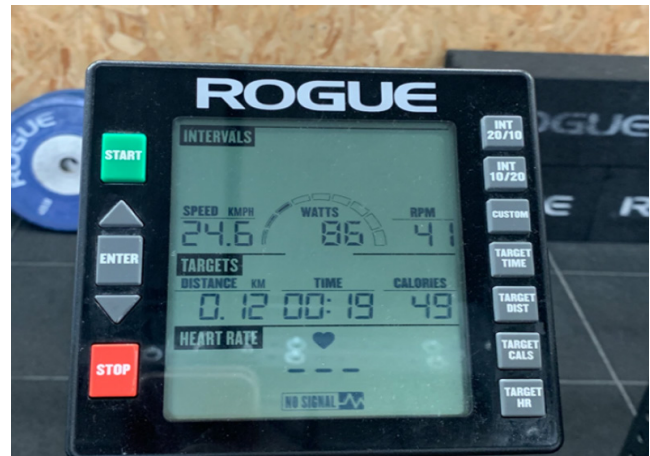
SETTING THE ROGUE ECHO BIKE MONITOR

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.

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