

THE WINDUP CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

4000m BikeErg

into

Max set of unbroken back squats

Each successful back squat repetition completed deducts 10 seconds off your 4000m bike time.

Lowest calculated time wins.

Men: Back Squat Load

RX: 150% Bodyweight, rounded to the nearest 5lb (2.5kg) increment

Scaled: 100% of body weight, rounded to the nearest 5lb (2.5kg) increment

Female: Back Squat Load

RX: 100% of bodyweight, rounded to the nearest 5lb (2.5kg) increment

Scaled: 75% of bodyweight, rounded to the nearest 5lb (2.5kg) increment

Time Cap: 20 minutes

Tie Breaker: First 1000m bike split time of the 4000m bike (0m - 1000m)

* In order to be eligible for a prize, the athlete must complete their 4000m bike and a minimum of 1 back squat repetition at their RX weight.

* Submitted videos should only include 1 complete challenge attempt. If the athlete is going for a second attempt, that needs to be done and submitted separately.

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: May 17 at 9 AM EST

Challenge Close Date & Time: May 27 at 8 PM EST

* 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:

Competitors will submit their time to complete the 4000m bike and the number of back squat repetitions.

Final scores will automatically calculate and display the competitors final score as a time.

Plate weights should be calculated/submitted based on the weights listed on the plate, not scale readings (if applicable).

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ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive RX Division

Male (Ages 14 and over):

Light: Up to 147.99lbs (67.13kg)

Middle: 148lbs - 211.99lbs (67.14-96.16kg)

Heavy: 212lbs and up (96.17kg and up)

Female (Ages 14 and over):

Light: Up to 120.99lbs (up to 54.88kg)

Middle: 121 LBS - 167.99lbs (54.89 - 76.20kg)

Heavy: 168lbs and up (76.21kg and up)

Community RX and Community Division

Male (Ages 14 and over):

Light: Up to 147.99lbs (67.13kg)

Middle: 148lbs - 211.99lbs (67.14-96.16kg)

Heavy: 212lbs and up (96.17kg and up)

Female (Ages 14 and over):

Light: Up to 120.99lbs (up to 54.88kg)

Middle: 121lbs - 167.99lbs (54.89 - 76.20kg)

Heavy: 168lbs and up (76.21kg and up)

- * Your weight class should be based on your weight when wearing your shoes, clothing and all supportive equipment that will be worn during your event.
- * **Competitive Division:** Athlete scores count towards “Overall Challenge” and are required to perform the workout RX and follow all rules and video requirements outlined.
- * **Community RX Division:** Athletes perform the workout RX, scores do not count toward “Overall Challenge” are not eligible for official records or prizes. Video submissions are not required. Athletes will receive t-shirts (if purchased) and registrations count towards a gym’s total sign up.
- * **Community Division:** Athletes can complete the challenge scaled, scores do not count toward the “Overall Challenge”, are not eligible for official records or prizes. Video submissions are not required. Athletes will receive t-shirts (if purchased) and registrations count towards a gym’s total sign up.

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.

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EQUIPMENT NEEDED TO QUALIFY:

- Visible Timer
 - This can be a gym timer in the frame, a phone with the timer feature up in frame, or a stopwatch in frame
- Digital Scale (analogue should not be used)
- Weight Plates with the weight clearly marked
 - Max of 18" diameter
 - Minimum plate increments of 2.5lb per side
- Standard 15kg/25mm (35lb) or 20kg/28.5mm (45lb) barbell
 - Center Knurling is permitted

Concept2 BikeErg:

- Any Concept2 BikeErg model is acceptable
 - The bike must be stock with no modifications and can not be weighed down in anyway
- No substitute brands are allowed
- Damper can be set on any setting, but may NOT be adjusted once the 4000m bike begins
- Monitor splits set to 1000m intervals (See the attached PDF for setup instructions if you are not familiar with this process)
- Monitor set to count down from 4000m to 0 (See the attached PDF for setup instructions if you are not familiar with this process)

Back Squat Setup:

- Standard 15kg/20kg barbell
- Weight plates with the weight clearly marked
- Collars
- Rogue brand gear is not required
- Squat Rack

Permitted Supportive Equipment:

- Gym Chalk (magnesium carbonate)
- Lifting Belts of any type
- Mouth Guards
- Nose Strips
- Shoes of any style must be worn
- Knee or elbow Sleeves

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Not Permitted Supportive Equipment:

- Tacky of any kind
- Hand Grips of any kind (including liquid grip)
- Lifting Straps, Support Straps, or any other kind of straps
- Braces of any kind
- Bench shirts, bench slings
- Supersuits, support briefs, or other supportive gear
- Knee or elbow wraps
- Wrist sleeves or wraps
- Gloves or any type of hand or forearm or bicep coverings
- Sticky Adhesives or grip adhesives of any kind anywhere on the clothing, body or bar including spray or other
- Monolifts

Any athlete who alters the equipment or movements described in this document or shown in the video standards may be disqualified from the competition.

MOVEMENTS:

BIKE

1. Athlete starts seated on the bike.
2. The bike should be pre-set to count down from 4000 meters and the splits set to 1000 meters
3. The athlete begins biking and stays on the bike until the 4000 meters is complete.

BACK SQUAT

Barbell begins in the squat rack.

- The barbell must be unracked from the squat rack without assistance
- After unracking the bar the athlete must step backwards or forward to begin the squat
- The athlete must squat to a depth **BELOW PARALLEL** where the hip crease is clearly below the top of the knee with the barbell controlled in a back rack position
 - High or Low Bar positions are both acceptable
- The athlete must then stand, without assistance to a position where the knees and hips are fully extended with the barbell supported in the back rack position
- The athlete must rerack the barbell without assistance to complete the lift

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

FLOW:

The competition begins with the athlete seated on the bike.

The 4000 meter bike and gym timer may start at the same time when the athlete is ready

- The monitor needs to be set to count down from 4000 meters to 0
- Monitor splits need to be set at 1000 meters
- The gym timer is set to count up from 0

Once the athlete completes the 4000 meters, the athlete will need to call out the time showing on the monitor. At this time, the 2 minute rest period starts as the gym timer continues to count up

- The athlete may not perform any warm up back squat reps during this rest period
- The athlete should remain in clear view of the camera for the entire duration of the 2 minute rest period

The athlete will then move to the squat rack and prepare for their first lift once the 2 minute rest period ends.

- The bar should be unracked and fully supported by the athlete by the end of the 2 minute rest period
- Failure to have the bar unracked by the 2 minute mark may make the score subject to a penalty

The athlete will then complete one set of as many unbroken repetitions of the back squat as possible while following the approved movement standards outlined above.

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.

The video should be shot from a 45 degree angle from the back squat setup. Critical items that need to be clearly visible on the video.

1. Scale validation with a dumbbell or kettlebell.
2. All equipment to be used being weighed on a digital scale prior to challenge attempt

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3. The BikeErg, back squat setup and gym timer all in one frame
4. Full range of motion for the athlete on the BikeErg
5. Full range of motion for the back squat, the full height of the athlete, and a filming angle that clearly shows the movement standards for the back squat

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, the challenge name, their category (Scaled or RX), and weight division.
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
 - Barbell, to include end caps
 - All weight plates that will be used in their attempt
 - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera
 - A brief walk around of your Concept2 BikeErg
 - All gear should stay in camera shot during the entire video
3. Scale verification. The athlete must place a kettlebell or dumbbell onto a scale and show the scale reading is correct.
 - The weight of the kettlebell or dumbbell must be shown/visible to the camera
 - The correct scale reading while the object is on the scale must be shown/visible to the camera
4. The athlete will need to step onto the scale to weigh themselves to confirm their weight group and back squat load. Once the athlete is on the scale, the camera needs to zoom in to clearly show the scale reading.
 - This should be done with the athlete wearing all clothing, gear and shoes that will be worn during the competition attempt.
 - The athlete should then declare their back squat load based on standards listed:

Men: Back Squat Load

RX'D: 150% Bodyweight, rounded to the nearest 5lb (2.5kg) increment

Scaled: 100% of bodyweight, rounded to the nearest 5lb (2.5kg) increment

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Female: Back Squat Load

RX'D: 100% of bodyweight, rounded to the nearest 5lb (2.5kg) increment

Scaled: 75% of bodyweight, rounded to the nearest 5lb (2.5kg) increment

Back Squat Weight Calculation Example:

- Male - Bodyweight = 162.8lbs x 1.5 = 244.2lbs - rounded to the nearest 5lbs = 245lbs Back Squat Weight
- Female - Bodyweight = 111.2lbs - rounded to the nearest 5lbs = 110lbs Back Squat Weight

5. The athlete must weigh all plates and barbell on camera.

- The camera must show each plate on the scale and show the scale reading, the entire scale should be clearly visible to the camera.
- The camera must show the barbell on the scale and show the scale reading.
- Required regardless of equipment brand

6. The bar may be racked and loaded at this time.

- Show the plates being loaded to the camera.
- Once loaded, please verbally say/show what each weight is to confirm the load is correct per the standards listed above.

7. Capture BikeErg monitor setup

- 4000m distance with 1000m splits
- See rules PDF for visual setup by step on this process

8. The camera should then move to the final filming position. 45 degrees to the back squat setup with all equipment in full view ready for the workout.

9. 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.

10. The athlete may take their starting position on the BikeErg. When ready the athlete may begin biking their 4000 meters at the same time their gym timer begins.

- BikeErg monitor should be preset to meet all requirements mentioned above

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11. As the Athlete completes the 4000m BikeErg they must verbally confirm their time and the 2 minute rest period starts. During this rest period, the athlete should move to their back squat position. The athlete should remain in full view of the camera for the entire 2 minute rest period.
 - The camera position may move in order to capture the full range of motion of the back squats.
 - The bar should be loaded to the appropriate weight prior to the start of the biking portion of the competition.

12. The athlete may start performing the approved back squat reps once the mandatory 2 minute rest period ends.
 - The athlete must have their barbell off the squat rack and in the back rack position prior to the end of the 2 minute rest period.
 - If an athlete is deemed to have rested more than 2 minutes, penalties may be applied to final scores.

13. At the conclusion of their single unbroken back squat for reps attempt, the camera needs to be taken to the BikeErg monitor to show clearly the first 1000 meter split time and the total 4000 meter bike time.
 - Please see the rules PDF for step by step instructions for how to show this on your BikeErg monitor if you are not familiar with this process.

14. The video may then conclude.

* All of the steps above should be done with the camera continuously running for the video to be accepted.

* Failure to show these steps/items could make the video submission subject to rejection at the judges' discretion.

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

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ATHLETE SCORECARD:

Video Submission Checklist:

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

Your submission needs to show:

1. The verification of your scale.
2. The athlete weighing themselves.
3. The weight of the bar and each plate that will be used for the back squat competition.
4. The correct weights loaded on to the barbell.
5. The athlete is not wearing any illegal equipment.

6. A clear view of the movement standards for the back squat.
7. The timer in frame.
8. The 1000m time and 4000m time on the BikeErg monitor after the back squat is over.

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.

SCALED OR RX _____ WEIGHT CLASS _____

1000M TIME _____ 4000M TIME _____

BACK SQUAT LOAD _____ BACK SQUAT REPS _____

CALCULATED FINAL TIME _____
4000m Bike time - (back squat reps x 10 seconds) This will be automatically calculated in the BTWB system

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

SCALED OR RX _____ WEIGHT CLASS _____

1000M TIME _____ 4000M TIME _____

BACK SQUAT LOAD _____ BACK SQUAT REPS _____

CALCULATED FINAL TIME _____
4000m Bike time - (back squat reps x 10 seconds) This will be automatically calculated in the BTWB system

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

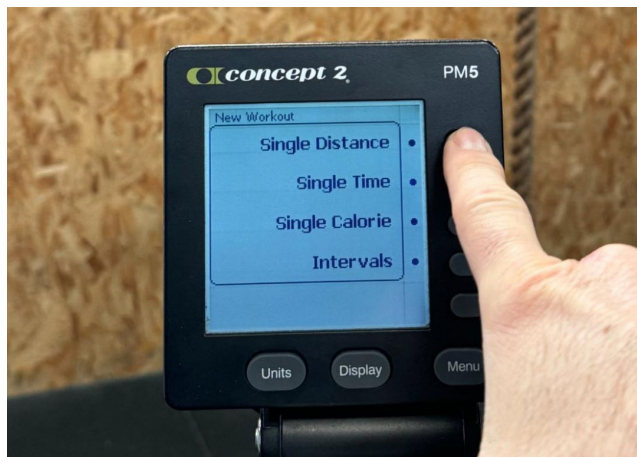
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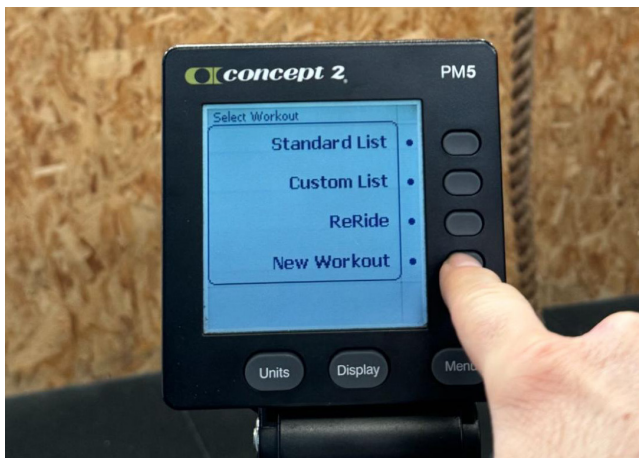
TO SET C2 MONITOR FOR 4KM TIME TRIAL



1. Select Workout



3. Select Distance



2. Select New Workout



4. Select 4000m set distance

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5. Select 1000m Split Length



7. C2 Monitor is set and ready to start challenge



6. When 4000m set distance and split length 1000m are set press the tick button to move on

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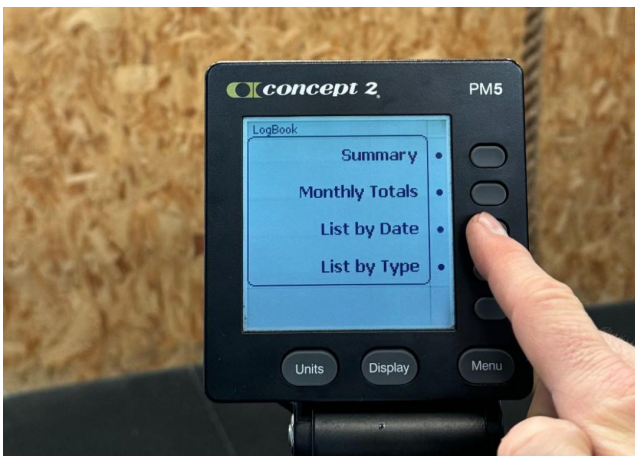
RETRIEVING DATA FROM C2 MONITOR



1. Select Memory



3. Your workout should be at the top of the list



2. Select List by Date



4. Select this workout by highlighting it with the arrow to the left of the screen and then pressing the magnifying glass

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5. Note your overall time for the 4000m



6. Note the split time for the **FIRST 1000m**