

# THE PUMP-N-RUN CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

5000m Run

into

Max set of unbroken bench press

- Each successful bench press repetition completed deducts 10 seconds off your 5000m Run time.
- Lowest calculated time wins.

## Men: Bench press load

RX: 100% Bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

Scaled: 50% of body weight, rounded to the nearest 5 LB (2.5 kg) increment

## Female: Bench press load

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

Scaled: 50% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

**Time Cap:** 40 min

**Tie Breaker:** 5000m Run time

- \* In order to be eligible for placement on the leaderboard, the athlete must complete their 5000m run and a minimum of 1 bench press 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
- \* This challenge is not part of the overall Rogue Challenge competition. No points are awarded on the overall leaderboard and there are no cash or gear prizes.

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: Jan 3 at 12pm ET

Challenge Close Date & Time: No current end date

- \* 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

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## SCORE SUBMISSION NOTES:

Athletes will submit:

1. A time taken to complete the 5000m run (minutes and seconds)
  - The leaderboard will display this time
  - Distance verification photo
  - Athletes may submit (1) photo showing their route displayed on their GPS device or a screenshot of map on GPS Device app (See last page of rules pdf for example)
  - Screenshot should show the 5000m course route and ideally average pace and total time
  - If a treadmill was used show the treadmill monitor verifying 5000m was completed
  - More information below in the course verification section on this
  - Competitive Division only
2. The number of bench press repetitions completed
3. Bench press weight
4. The link to your YouTube video
  - Video submissions standards outlined below

\* 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)

\* Fastest time, wins

\* This challenge is not part of the overall Rogue Challenge competition. No points are awarded on the overall leaderboard and there are no cash or gear prizes.

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Competitive RX Division

Male (Ages 14 and over)

Light: Up to 147.99LBS (67.13 KG)

Middle: 148 LBS - 211.99LBS (67.14-96.16 KG)

Heavy: 212 LBS and up (96.17 KG and above)

Female (Ages 14 and over)

Light: Up to 120.99LBS (up to 54.88 KG)

Middle: 121 LBS - 167.99LBS (54.89 - 76.20 KG)

Heavy: 168 LBS and above (76.21 KG and above)

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## Community RX Division

Male (Ages 14 and over)

Light: Up to 147.99LBS (67.13 KG)

Middle: 148 LBS - 211.99LBS (67.14-96.16 KG)

Heavy: 212 LBS and up (96.17 KG and above)

Female (Ages 14 and over)

Light: Up to 120.99LBS (up to 54.88 KG)

Middle: 121 LBS - 167.99LBS (54.89 - 76.20 KG)

Heavy: 168 LBS and above (76.21 KG and above)

## Community Division

Male (Ages 14 and over)

Light: Up to 147.99LBS (67.13 KG)

Middle: 148 LBS - 211.99LBS (67.14-96.16 KG)

Heavy: 212 LBS and up (96.17 KG and above)

Female (Ages 14 and over)

Light: Up to 120.99LBS (up to 54.88 KG)

Middle: 121 LBS - 167.99LBS (54.89 - 76.20 KG)

Heavy: 168 LBS and above (76.21 KG and above)

- \* **Competitive Division:** Athlete scores do not count toward the “Overall Challenge but are required to follow all rules and requirements outlined within this document. Athletes will receive t-shirts (if purchased) and registrations count towards a gym’s total sign up.
- \* **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](http://roguefitness.com/challenges) and follow all workout and video flows as outlined.

## 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)
- Shoes of any style must be worn

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- White tape to mark bench grip width press standard
- Recommended: 10' x 10' clear unobstructed area in which to lift, with no other equipment in the space apart from the bar and plates the athlete will use during their attempts
- Rogue brand gear is not required

## Run:

- A 5km outside run route
- Self propelled treadmill of any kind

## Bench Press Setup:

- Standard 15kg/20kg barbell
  - Barbell Should have clear tape/chalk marks added at 31.9" or 81cm apart for hand placement
  - Tape measure to verify the distance between the tape/chalk marks
- Weight plates with the weight clearly marked
  - Minimum plate increments of 2.5LB per side
- Squat rack for the bench press
- Bench for bench press
- Rogue brand gear is not required

## Permitted Equipment:

- Gym Chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Finger Tape
- Knee/Elbow Sleeves (single or pairs)
- Wrist Supports/Wraps

## Not Permitted Equipment:

- Lifting Belts of any type
- 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 wraps

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- Elbow wraps
- Wrist 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

\* Any Athlete who alters the equipment or movements described in this document or shown in the video standards to gain an unfair advantage may be disqualified from the competition.

## **COURSE VERIFICATION & DEVICES: COMPETITIVE DIVISION ONLY**

Competitive athletes are required to submit a verification photo or confirm on the video their 5000m course during their score submission.

Verification can be a screenshot of the app used directly in your phone or a photo taken of the screen of a secondary device that tracks your course that shows the required course information.

These photos and screenshots will need to be attached to your submission in the BTWB app.

Recommended programs/apps to use include (but are not limited to): Trailforks, All Trials, Garmin Connect, Nike Running Club, & Strava

Recommended secondary devices included (but are not limited to): Polar, Garmin, Suunto, & Bushnell

If using a treadmill, clearly show the treadmill monitor and the distance travelled on the video or attach a photo to your submission.

What the judges will look for in your screenshot/picture:

- If available based on the program you used: map showing your 5000m route (units can be feet or meters)
- Total accumulated time
- Average pace
- Optional information to include in the shot: Speed & Elevation Gain

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## MOVEMENTS: BENCH PRESS

1. A spotter/assistant to help lift the bar out of the rack is strongly recommended but NOT required. Spotters may help to assist with taking the bar out of the rack to the starting position with the athletes arms fully extended and the bar fully supported over the chest by the athlete. Once the assistant lets go of the bar at the starting position, they may not touch the bar again until helping to re-rack when the lift is done
2. The acceptable body position for the one unbroken set is as follows:
  - Both complete shoulder blades and the glutes must be in contact with the bench pad at all times. If either comes off of the pad during a repetition, that single repetition will not be counted, but the athlete may continue with additional reps once they have reset their body position as long as the bar is not re-racked or touched by the assistant.
  - In order to achieve firm footing, lifter may have plates or blocks under their feet. If either foot comes off of the floor or plates during a repetition, that single repetition will not be counted, but the athlete may continue with additional reps once they have reset their body position as long as the bar is not re-racked or touched by the assistant.
  - Hooking of feet/legs around the bench supports is not permitted and will result in any repetitions with such not being counted. The athlete may continue with additional reps once they have reset their body position as long as the bar is not re-racked or touched by the assistant.
  - Per IPF standards, the spacing of the hands can not exceed 31.9" / 81 cm measured between the index fingers. The maximum grip width permitted will have each index finger on or inside the 31.9" / 81 cm marks at each end of the bar shaft. If the hands move outside of the designated markings during a lift attempt that single repetition will not be counted, but the athlete may continue with additional reps once they have reset their body position as long as the bar is not re-racked or touched by the assistant.
  - These lines need to be clearly marked and visible on the barbell shaft with chalk. Failure to have these lines clearly marked and visible makes the athletes score subject to penalty at the judge's discretion
  - Both hands must remain on the barbell during the entire unbroken set and must remain in contact with the markings at all times.
3. When the athlete has full unassisted control of the barbell extended over their chest after the initial unrack, they may begin their first rep by lowering the bar to the chest. There must be clear contact with the chest. Once contact has been made the athlete will then press the bar back to the starting position with the elbows clearly extended and the bar over the chest.
4. Deliberately bounding the barbell off the chest may be interpreted as trying to gain an unfair advantage and could result in a penalty being assessed.

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5. The athlete will complete as many unbroken reps as possible. The set is over if/when:
  - The assistant touches the bar at any time after the initial lift out of the rack.
  - The bar is put back into the rack at any time after one rep has been completed
6. The only approved rest position for the bench press is with the barbell supported in the hands with the arms fully extended. The athlete may NOT rest the bar on their chest.

\* 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 workout begins with the athlete ready to start the run.

When ready start your GPS device and the gym timer at the same time and the 5000m run begins.

- Device will need to record and show the distance travelled and the elapsed time
- If on a treadmill start the gym timer as soon as the treadmill starts
- The gym timer is set to count up from 0

After completing the 5000m run, stop the GPS device / treadmill and call out the time taken. 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 bench press 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
- For competitive division athletes, read through all requirements for what your video needs to clearly show listed below in the “video submission standards” section

The athlete will then move to the bench 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 as possible while following the approved movement standards outlined above.

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## VIDEO SUBMISSION STANDARDS:

Video submissions may be cut and edited 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 bench press setup. Critical items that need to be clearly visible on the video:

1. Scale verification using a dumbbell or kettlebell
2. All equipment to be used and barbell standard taped and measured prior to challenge attempt
3. The treadmill (if used), bench press setup and gym timer all in one frame
4. Full range of motion for the athlete on the treadmill
5. Full range of motion for the bench press including the feet on ground, both shoulders and glutes in contact with the pad and the barbell touching the chest and at full extension over the athletes chest
6. Run data from GPS/App/Treadmill Monitor

Next, 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 (Competitive or Community), and weight division.
  - Show time.is on a secondary device
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
  - 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
  - Barbell, to include end caps
  - A brief walk around of your Treadmill (if using one)
  - All gear should to stay in camera shot during the entire video
3. The athlete should show the measurement of the pre-marked 31.9"/81cm finger marks on the barbell shaft confirming it meets the requirement.
  - Marks should be applied before filming begins and should be clearly visible on camera
  - The camera needs to clearly show the tape measure reading confirming it meets the specs outlined in the rules.
  - Please verbally say the measurement as the camera shows the tape measure.



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## 4. Scale Verification

- The athlete needs to validate the scale by placing a kettlebell/dumbbell on the scale and showing the scale reading is correct.

## 5. The athlete will need to step onto the scale to weigh themselves to confirm their weight group and bench 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 bench press load based on standards listed:

### Men: Bench press load

RX'D: 100% Bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

Scaled: 50% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

### Female: Bench press load

RX'D: 75% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

Scaled: 50% of bodyweight, rounded to the nearest 5 LB (2.5 kg) increment

### Bench Press Weight Calculation Examples;

Male Rx - Bodyweight = 184.3LBS (82.2kg) x 1 = 184.3LBS (82.2 kg) - rounded to the nearest 5 LBS (2.5 kg) = 185LBS (82.5 kg)  
Bench Press

Female Rx - Bodyweight = 111.2LBS (50.4 kg) x .75 = 83.4LBS (38.8 kg) rounded to the nearest 5 LBS (2.5 kg) = 85 LBS (40 kg)  
Bench Press

## 6. The athlete can load the bar using the the same weights displayed on camera

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

## 7. 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.

## 8. Capture the process of setting the GPS device or treadmill

- GPS device ready to record distance travelled
- Treadmill set to 0

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9. When the athlete is ready for the run:
  - They may hit start on their tracking device/monitor and begin their run
  - The gym timer should also begin at this time
  - Running outside/on a course - Judge/camera should capture the beginning of the run and then may shut off after the athlete is out of view
  - Running on a treadmill - Judge/camera should capture the beginning/first few minutes of the run then may shut off
  
10. Upon returning from the run/nearing the end of the treadmill run:
  - Judge's camera should turn on to capture the athlete finishing the run
  - The athlete should stop their tracking device on camera and verbally declare their time for the 5000m run
  
11. Two minute rest period starts now
  - During this rest period, the athlete should move to their approved benching position. The athlete should remain in full view of the camera for the entire 2 minute rest period.
  - The camera position may be moved to the 45 degree bench press filming angle to ensure full range of motion is captured.
  
12. The athlete may start performing bench repetitions once the mandatory 2 minute rest period ends.
  - The athlete must have their barbell in the approved starting 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 bench press attempt:
  - Camera needs to be taken to the treadmill monitor to show clearly the time taken to complete the 5000m
  - Camera needs to be shown to show the time and data from the GPS device.
  
14. Confirm the date and time via time.is or another device.
  
15. 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 bench press competition
4. Barbell width standard taped and measured

5. The correct weights loaded on to the barbell
6. The athlete is not wearing any illegal equipment
7. The weight of the bar and each plate that will be used for the bench press competition
8. A clear view of the barbell touching the athletes chest
9. The timer in frame

*Failure to show these items in your video 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.*

SCALED OR RX: \_\_\_\_\_ WEIGHT CLASS: \_\_\_\_\_

5000M TIME: \_\_\_\_\_  
Tie breaker is the 5000m time

BENCH PRESS LOAD: \_\_\_\_\_ BENCH REPS: \_\_\_\_\_

CALCULATED FINAL TIME: \_\_\_\_\_  
5000m Run time - (bench 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: \_\_\_\_\_

5000M TIME: \_\_\_\_\_  
Tie breaker is the 5000m time

BENCH PRESS LOAD: \_\_\_\_\_ BENCH REPS: \_\_\_\_\_

CALCULATED FINAL TIME: \_\_\_\_\_  
5000m Run time - (bench 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