

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

Compete the workout Mikko's Triangle and achieve V2, V4, V6, V8 status depending on how many calories you average on each piece of equipment.

The workout;

10 Rounds

1 minute Echo Bike

1 minute Rower

1 minute SkiErg

1 minute Rest

Final scores will be the lowest average calories hit on a single machine which will determine the tier earned. Earned tiers are:

### V2

Male: 10 - 14.99 avg cals

Women: 7- 11.99 avg cals

### V4

Male: 15 - 19.99 avg cals

Women: 12- 16.99 avg cals

### V6

Male: 20 - 21.99 avg cals

Women: 17 - 18.99 avg cals

### V8

Male: 22+ avg cals

Women: 19+ avg cals

- \* Athletes that submit and have their score accepted by the judges at any point during the challenge will earn the custom t-shirt
- \* Rejected scores and athletes that do not follow all posted rules are not eligible to earn a shirt.
- \* Included in your challenge registration is a 30 day free BTWB trial. Competitors can submit and edit their score on BTWB as many times as they would like in the first 30 days of their paid registration. After the trial period has expired, competitors will need to sign up for a 30 day BTWB subscription to edit/submit any new scores. Competitors that already have an ongoing paid BTWB subscription will not need to sign up for the additional 30 day BTWB trial.
- \* This challenge is not part of the overall Rogue Challenge competition. No points are awarded on the overall leader board and there are no cash prizes for this challenge

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: Jan 25 12pm ET

Challenge Close Date & Time: No current end date

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

## SCORE SUBMISSION NOTES:

Final scores will be the lowest average calories achieved on a single machine which will determine the tier earned.

Competitors will submit their total calories for each piece of equipment:

Echo Bike calories for all 10 rounds

Rower calories for all 10 rounds

SkiErg calories for all 10 rounds

Final scores will auto calculate and display the lowest calorie average achieved on a machine.

### V2

Male: 10 - 14.99 avg cals

Women: 7- 11.99 avg cals

### V4

Male: 15 - 19.99 avg cals

Women: 12- 16.99 avg cals

### V6

Male: 20 - 21.99 avg cals

Women: 17 - 18.99 avg cals

### V8

Male: 22+ avg cals

Women: 19+ avg cals

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

Example final score calculation:

Echo Bike total Calories = 180 cal total / 10 (rounds) = 18 average cal per minute

Row total Calories = 222 cal total / 10 (rounds) = 22.2 average cal per minute

Ski total Calories = 154 cal total / 10 (rounds) = 15.4 average cal per minute

Final/lowest average = Skierg 15.4 cal earning tier V4

Included in your challenge registration is a 30 day free BTWB trial. Competitors can submit a score on BTWB as many times as they would like in the first 30 days of their paid registration. After the trial period has expired, competitors will need to sign up for a 30 day BTWB subscription to edit/submit/resubmit any new scores. Competitors that already have an ongoing paid BTWB subscription will not need to sign up for the additional 30 day BTWB trial.

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

## Submit Your Scores in the BTWB app:

- Upload video(s) to youtube
  - Videos must be set to public so our judges can view them.
  - Sound may be turned off if there is licensed music playing in the background.
  - Videos should be submitted using youtube and the hyperlink added to the submission on BTWB.
- Your score should appear on the leader board on [roguefitness.com](http://roguefitness.com) within 30 minutes of submitting it on BTWB if done properly.
- Scores that do not have videos evidence following all rules will be automatically rejected.

## Judging and The T-Shirt

- After the judges have had a chance to review the submitted score, athlete's will receive a ruling email stating if their score has been accepted or rejected with a reason why.
- Once the judges accepted your scores and confirmed your tier, your earned t-shirt will be processed and added to your earned store for you to redeem.
  - Athletes will receive an email once the t-shirt has become available to redeem
  - For instructions on how to access your earned store, please see the FAQ page on the Challenge website
- Rejected entries will not receive a t-shirt.
  - Competitors can submit a new score if the first score is rejected

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## Submitting a Second Score:

- Competitors are permitted 1 “approved”/ “accepted” score per paid registration.
- Once the judging team accepts a score, the score is locked for that athlete.
- If an athlete’s score is rejected, the athlete may submit another score by following the same submission process.
- Competitors are not eligible for refunds for rejected scores based on-not following rules, movement standards or on time score submissions.
- If an athlete has an accepted score and would like to sign up again to attempt a higher tier, please email [team@roguefitness.com](mailto:team@roguefitness.com).

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Male (Ages 14 and over)

V2 Tier

V4 Tier

V6 Tier

V8 Tier

### Female (Ages 14 and over)

V2 Tier

V4 Tier

V6 Tier

V8 Tier

- \* This challenge is not part of the “Overall Challenge”
- \* All competitors are required to follow all rules and requirements as written within this document.
- \* Athletes will receive their earned shirt once a score is submitted and accepted by the judging staff
- \* To be considered as a competitor, the athlete must register for the challenge at [www.roguefitness.com/challenges](http://www.roguefitness.com/challenges) and follow all workout and video flows as outlined.
- \* V2 & V4 - Competitors must submit a score but do not need to film or submit video evidence of their attempt.
- \* V6 & V8 - Competitors are required to follow all rules and requirements as written within this document including filming the attempt and submitting video evidence

## 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 that can be used to set 1 minute intervals
- Shoes of any style must be worn



# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## Rogue Echo Bike

- Standard stock Rogue Echo Bike with no modifications, see non-permitted list below

## Rogue Echo Rower or C2 RowErg

- Ensure Rogue Echo Rower has most recent firmware update;
  - Follow link - <https://www.roguefitness.com/rogue-echo-rower> - and select software update and follow instructions to download app
- Any Concept2 RowErg model is acceptable
- No substitute brands are allowed
- Damper can be set on any setting

## C2 SkiErg

- Any Concept2 SkiErg model is acceptable
- No substitute brands are allowed
- Damper can be set on any setting.

## Permitted Equipment:

- Gym Chalk (magnesium carbonate)
- Mouth Guards
- Nose Strips
- Finger Tape

## Not Permitted Equipment:

- Echo Bike;
  - 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
  - Any other modifications made to the stock Rogue Echo Bike
- Weighing down or anchoring of any of the equipment in anyway including plates or sandbags stacked on feet / base etc

\* 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.

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## 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

### ROGUE ECHO ROWER OR C2 ROWERG

- Ensure the Rower monitor date and time is set and is correct
- Have the monitor set to competition mode
- When the athlete is ready they may grab the handle and begin rowing.
- Damper can be set on any setting, at any time, but only the athlete can change it

### C2 SKIERG

- Any Concept2 SkiErg model is acceptable
- Have the monitor set to competition mode
- No substitute brands are allowed
- Damper can be set on any setting, at any time, but only the athlete can change it

\* 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.

\* Please note, staying on a piece of equipment longer than the one minute interval, or starting an interval early, will be subject to judging penalties and possibly disqualification

## FLOW:

On 3-2-1-Go the athlete will bike on the Rogue Echo Bike for one minute.

The athlete **MUST** get off the bike before the end of the minute and will move to the rower.

The athlete will start to row on the beep for the start of the second minute and continue to row for one minute.

Before the end of the second minute the athlete **MUST** get off the rower and move to the SkiErg.

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

On the beep starting the third minute of work the athlete will start skiing.

The athlete will continue to ski for one minute and **MUST** stop before the beep signaling the end of the third minute of work.

The athlete will then rest for the fourth minute, which will be the completion of round one.

The athlete can ready themselves on the echo bike ready to start round 2 but can not start until the minute interval has started.

The athlete will continue in this manner until 10 rounds of Echo Bike - Rower - SkiErg - Rest has been completed.

\* Staying on a piece of equipment longer than the one minute interval, or starting an interval early, will be subject to judging penalties and possibly disqualification.

## **VIDEO SUBMISSION STANDARDS:**

All video submissions should be uncut and unedited in order to accurately display the performance. Videos shot with a fish eye 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 machine setup. Critical items that need to be clearly visible on the video:

1. Walk around of all machines to show they are the correct brand and have no modifications
2. Show the athlete on each piece of equipment during the workout
3. Set the rower and SkiErg to comp mode and have all machines set for 40 min
4. Show total calories achieved on the monitor of each piece of equipment at the conclusion of the workout

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 and their targeted tier.

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
  - Walk around of all equipment to show there are no modifications and they fit the permitted equipment list above.
3. Athlete will set the equipment monitors;
  - Echo Bike set to 40 min work
  - Rower set to comp mode and 40 min work - displaying calories
  - Ski Erg set to comp mode and 40 min work - displaying calories
4. Set your gym timer
  - Set your timer to 1 minute intervals and 40 rounds
5. When ready the athlete can start the timer and start the workout.
6. On completion of the workout, the following must be clearly shown on video
  - Echo Bike total calories completed, from main screen
  - Rower total calories completed, from main screen or pulled from memory
  - Ski Erg total calories completed, from main screen or pulled from memory
7. Once all data has been shown, the video may 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.

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

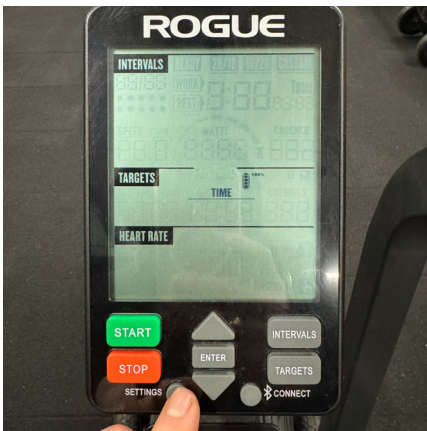
## ECHO BIKE:



1. Press setting until Time is shown on the screen



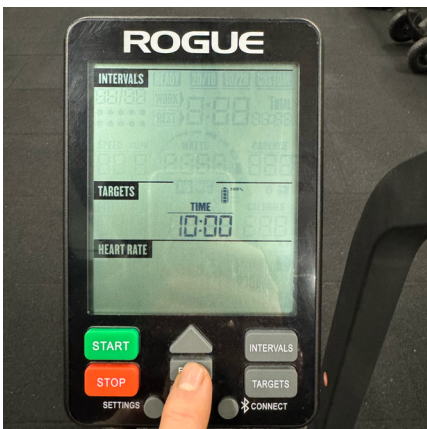
4. Press and hold Enter until 40 min stops flashing



2. Time shown on screen



5. When ready to start the workout press Start



3. Press Enter to change the time value from 10 to 40 mins



6. Start the workout



# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## ROWER:



1. Select More Options



4. Press Units 3 times



2. Select Utilities



5. Press the Display button 3 times



3. Select Battery



6. 12 Hour Timeout will show indicating the monitor is in comp mode (to take out of comp mode do the exact same process)

# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

## ROWER:



7. Select Workout



10. Change units to calories and press the tick button when ready



8. Select New Workout



11. Rower is ready for the workout



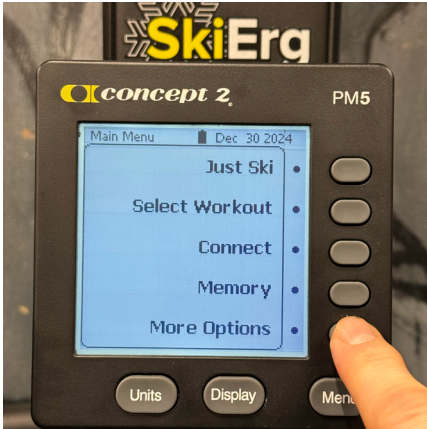
9. Select Single Time



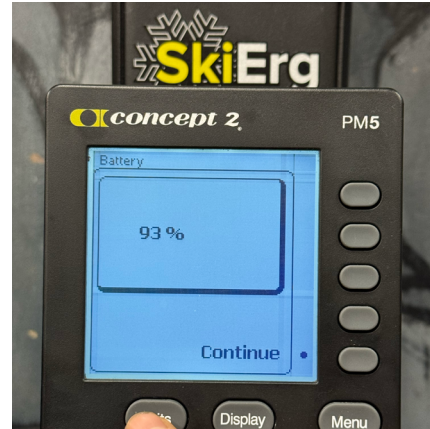
# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

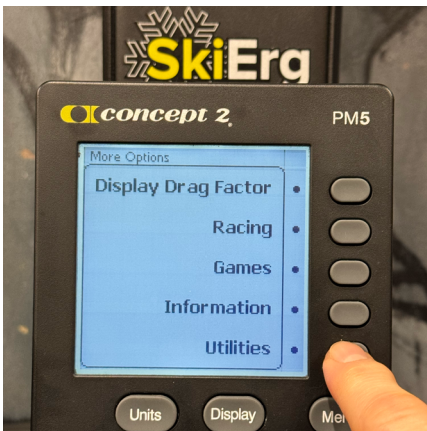
## SKI ERG:



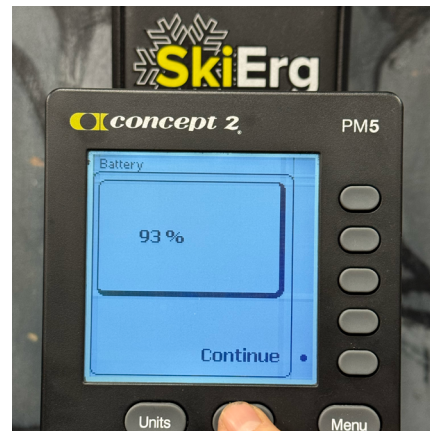
1. Press More Options



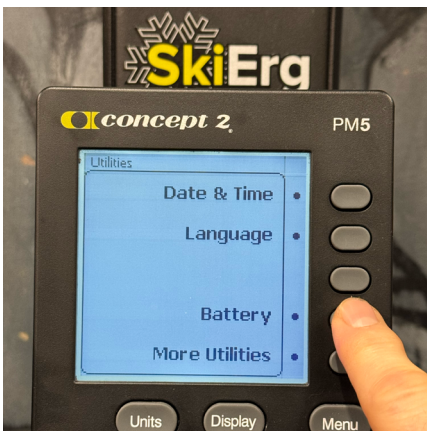
4. Press Units 3 times



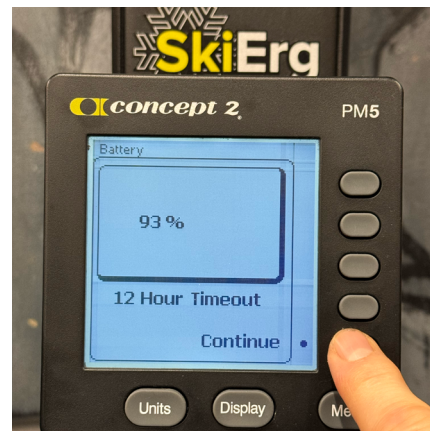
2. Press Utilities



5. Press the Display button 3 times



3. Press Battery



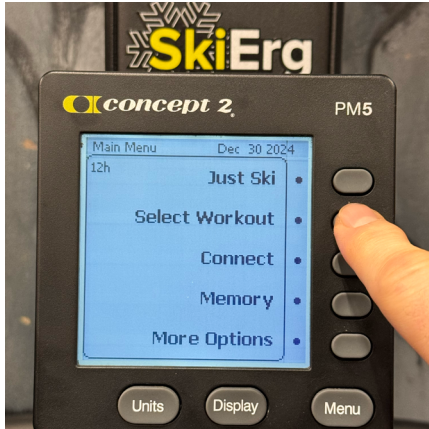
6. 12 Hour Timeout will show indicating the monitor is in comp mode (to take out of comp mode do the exact same process)



# MIKKO'S TRIANGLE CHALLENGE

CHALLENGE  
ROGUE

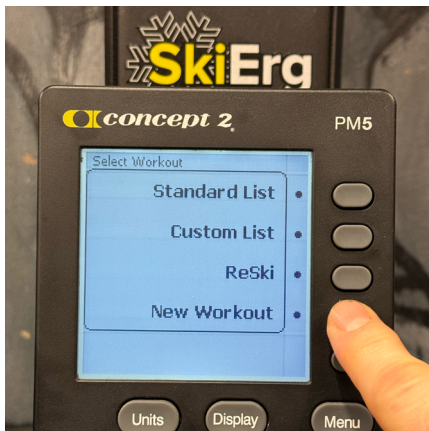
## SKI ERG:



7. Select Workout



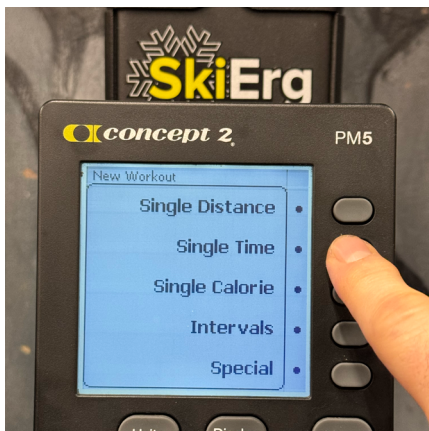
10. Adjust time to 40 min



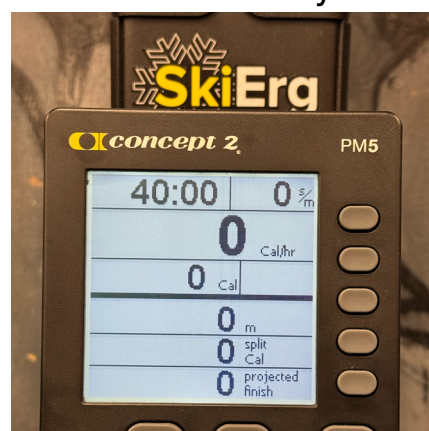
8. Select New Workout



11. Change Units to calories and press the tick button when ready



9. Select Single Time



12. Ski Erg is ready for the workout