

THE ECHO HAMMER CHALLENGE

CHALLENGE
ROGUE

CHALLENGE/SCORING:

Max calories in 5 min on Rogue Echo Bike

Athlete with the most calories will win the challenge

Tie Breaker: Max watts output

*Scores for this competition will display the total number of calories completed in a 5 minute window

DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: March 14 at 9 AM EST

Challenge Close Date & Time: March 24 at 8 PM EST

* 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.

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

Competitive RX Division

Male (18 and over)

Female (18 and over)

Competitive RX Division

Male (17 and under)

Female (17 and under)

Community RX Division

Male (18 and over)

Female (18 and over)

Community RX Division

Male (17 and under)

Female (17 and under)

There is no scaled division as the score is amount of work completed.

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- * **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.
- * **Birthday cut off rule:** Age group is based on the athletes 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

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
- **NO FAN GUARD** - 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 be removed for the Challenge
- **NO** 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

MOVEMENTS:

Echo Bike

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 .

Athlete may sit or stand on the bike.

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

Athlete can stop pedaling as needed, but must remain seated with the hands and feet in contact with the bike for the entire 5 minutes.

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- The official number of calories completed in 5 minutes will be taken from the monitor of the Rogue Echo Bike
- The challenge must be completed on the Rogue Echo Bike only.

* See The Echo Hammer Challenge instructional video at www.roguefitness.com/challenges for a visual example of the prescribed movements.

* 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:

This workout begins with the athlete either seated or standing on the Echo bike and the monitor set to count down from 5 minutes

When the athlete is ready they will begin pedaling until the full 5 minutes is completed

The athlete must remain on the bike with their hands and feet in contact until the 5 minutes complete

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 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. The athlete setting the Echo Bike monitor to count down from 5 minutes.
2. Full Echo Bike showing it is not anchored down, does not have a wind guard, no clip in pedals of any kind and it has a stock/standard seat.
3. Following the challenge, a close up showing the monitor while displaying the finish time and all data on screen as it scrolls through. Final calories and max watts need to be clearly visible.

The athlete will need to follow the steps outlined below:

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Shoot the video from a 45 degree angle facing the athlete so that as much of the competitor and Echo bike are visible throughout the entire challenge.

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 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
3. Capture the bike monitor being set to count down from 5 minutes.
 - See the attached pdf for step by step process on this if needed
4. 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.
5. 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
6. When the athlete is ready they may begin the five minute effort
7. After the athlete has completed the 5 minute attempt, the camera needs to move in and show the bike monitor screen
 - As the Rogue Echo Bike final screen scrolls through, your video needs to show:
 1. The final overall calories completed
 2. The max watts output

* 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. Full Echo Bike and athlete on it during the Challenge attempt
2. Supportive Equipment worn by athlete
3. Full Echo bike walk around/inspection to confirm it matches the rules outline

4. The athlete setting the bike monitor to 5 Minutes
5. A close up of the bike monitor after the challenge has ended clearly showing the 5 minute time, total calories and max watts output

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.

TOTAL CALORIES: _____ 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

TOTAL CALORIES: _____ 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