

# THE WAITER WALK CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

Maximum distance walked in 5 minutes with one dumbbell in the overhead position and one in the farmers carry position

- Floor will be laid out in a 25 ft (7.62 m) course marked by two cones (or similar objects)
  - Measured and taped by 5 ft/1.52 m increments
  - Athlete will walk continuous lengths of the course around the cones (or similar objects) until one or both dumbbells are no longer in the approved hold positions.
  - Score will be total distance walked with the dumbbells measured in 5 ft (1.52 m) increments. Both heels must be on the floor and past a 5 ft line with the dumbbells in the approved hold positions for that distance to count.
  - The distance measured will be the last line crossed with both feet

## Competitive Division

Men - 2 x 70 LBS / 32.5 KG Dumbbells

Women - 2 x 50 LBS / 22.5 KG Dumbbells

## Community RX Division

Men - 2 x 70 LBS / 32.5 KG Dumbbells

Women - 2 x 50 LBS / 22.5 KG Dumbbells

## Community Division

Men - Choose your weights

Women - Choose your weights

**Time Cap:** 5 minutes

**Tie Breaker 1:** Lightest Body Weight will win a tie

\* Athletes may make as many attempts during their challenge video as they would like.

\* Scores for this competition will display the total number of repetitions on the leader board

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: June 19 at 9AM EST

Challenge Close Date & Time: June 23 at 8PM 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.

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## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Competitive RX Division

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

### Community RX

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

### Community

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

- \* **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.
- \* **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](http://roguefitness.com/challenges) and follow all workout and video flows as outlined.

## EQUIPMENT NEEDED TO QUALIFY:

- Timer, visible in frame (This can be a gym timer, a phone with the timer feature up, or a stopwatch)
- Digital Weight Scale to confirm equipment to be used for your carry (analogue scales are NOT permitted)
- Plate or Kettlebell to verify your scale - can not be the dumbbell(s) you are using for the challenge

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- 2 Standard dumbbells depending on the chosen division
  - 2 x 70 LBS / 32.5 KG = Male RX
  - 2 x 50 LBS / 22.5 KG = Female RX
  - Choose your weight = Male Scaled
  - Choose your weight = Female Scaled
- Shoes of any style/type must be worn
- Tape Measure and tape to mark floor and 2 cones (or similar objects) to mark the turning points of the 25ft (7.62m) at 5ft increments (1.52m)
- Rogue brand gear is not required

## Permitted Equipment:

- Gym chalk (magnesium carbonate)
- Belts
- Knee sleeves

## Not Permitted Equipment:

- Liquid chalk
- Tacky of any kind
- Wrist wraps of any kind
- Gymnastics grips
- Lifting straps, support straps or any other kind of straps
- Braces of any kind
- Gloves or any type of hand or forearm coverings
- Grip shirts
- Tape of any kind anywhere on the clothing, body or barbell
- Sticky adhesives or grip adhesives of any kind anywhere on the clothing, body or kettlebell including spray or other
- Super Suits, support briefs, or other supportive gear
- Elbow sleeves or wraps
- Long sleeve shirts of any kind

\* 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.

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## MOVEMENTS:

### Waiter Walk

Approved hold position:

- One dumbbell held higher than the top of the head
  - No part of the dumbbell may be level with, or lower than the top of the head.
  - If the dumbbell goes level to or below the top of the head at any time the walk will be terminated, and the distance will be measured to the last completed 5 foot section.
  - Must be held by the handle and generally horizontal to the ground
- Second dumbbell held in a farmers carry position to the side of the legs
- Athlete may choose which hand is overhead and to the side in the farmers carry

The dumbbells begin on the ground. When ready the athlete can reach down and get the dumbbells into the approved carry position

- The athlete can use any technique to get one dumbbell overhead and one dumbbell in a farmers carry
- The athlete MAY NOT receive assistance to pick up the dumbbells

Once the athlete has one dumbbell in the overhead position and the second dumbbell in the farmers carry position the athlete may start the walk

- Athlete must start behind the start line

Athlete must walk clearly around the cone/marker spaced at 25ft (7.62m)

Once either, or both of the dumbbell(s) are no longer in the approved hold position or dropped to the floor, the walk is over

Both heels must be clearly on the floor past a line for that distance to count.

- The athlete must also show control in the dumbbell hold positions for that distance to count
- Dropping the dumbbell(s) while crossing a line and/or not having both feet cross a line with control of the dumbbells will not be counted

\* See The Waiter Walk instructional video at [www.roguefitness.com/challenges](http://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.

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## FLOW:

The dumbbells begin on the ground with the athlete standing next to them

When the challenger is ready they will pick up the dumbbells into the approved Waiter Walk position.

- Full movement standards listed above
- Must be done without assistance.

Once the dumbbells are in the approved Waiter Walk position, the athlete may begin to walk.

- Full movement standards listed above
- Both heels have to be on the floor past a 5ft increment line with the dumbbells in the approved hold position for that distance to count.

At the end of each 25ft (7.62m) section the athlete must clearly walk around the cones or similar object used to mark the 25ft lines.

The challenge is over when one or both dumbbell(s) are dropped, or no longer in the approved Waiter Walk position or the 5 minute time cap is reached.

If the athlete is going for another attempt during the same video:

- Reset the dumbbells to the start
- Athletes may make as many attempts during their video as they would like.
- Video submissions may not exceed 25 minutes in length.
- Full movement standards and details on how to pick the dumbbells up are listed above

## 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 angle that allows the 25 ft walk course to be in full view as well as the athlete. Critical items that need to be clearly visible on the video:

1. Digital scale verification using a kettlebell or plate
2. Weighing of the athlete, wearing all clothing/equipment to be used, e.g. shoes, belts etc
3. Weighing of the dumbbells to be used, required regardless of brand

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4. Measure and show the full length of 25ft (7.62m) walkway, including each 5ft (1.52m) segment clearly taped.
5. Show the athlete getting the dumbbells into the approved Waiter Walk position - refer to movement standards
6. Full body of athlete including feet and dumbbells in the approved hold position at all times during the entire attempt.
7. Athlete clearly walking around the cones at each end of the 25ft runway, showing a clear turnaround point and not over the cones
8. Clearly show a timer visible in the frame at all times

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 division.
2. Camera should then walk along the entire 25' course marked with a tape measure.
  - Each marked 5' section of the course should be visible next to a tape measure showing the distance.
  - Each object the competitor will walk around should be in position and visible on the last line at each end.
3. The camera should then clearly show all equipment the athlete will use during their challenge. All of the following must be shown:
  - Kettlebell or plate to be used for the scale verification
  - Dumbbells to be used for the challenge
  - All gear needs to stay in camera shot during the entire video
4. The athlete must weigh themselves and the dumbbells on camera.
  - This process needs to start with showing scale verification by placing a plate/kettlebell on the scale and showing the scale reading is correct.
  - The entire scale must be clearly visible to the camera
  - Place each dumbbell, individually onto the scales and ensure the scale clearly show the correct weight
  - Athlete stands on the scales, athlete in full view and clearly show the athletes weight on the scales - Athlete must be wearing all clothes/equipment they will use for the challenge
  - Required regardless of equipment brand

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5. The camera should back up to the final filming position, a 45 degree angle of the athlete with the camera positioned at a height that is level with the athlete's shoulders. This shot should clearly show/include:
  - The dumbbells and athlete behind the start line
  - The entire marked 25ft (7.62m) walkway - each 5ft (1.52m) line should be visible in the shot
  - Both turnaround points marked with a cone, sandbag or other piece of equipment that the athlete will walk around.
6. Before starting the athlete must show they are not wearing any non-permitted equipment.
7. The athlete can begin the challenge based on the criteria outlined above.
  - The athlete can get the dumbbells into the approved carry position.
  - When the dumbbells are in the approved carry position, the 5 minute timer may start and the athlete may begin their walk.
8. The challenge is over when;
  - The dumbbells are dropped or no long in the approved hold position
  - The 5 minute time cap is reached
  - The video may conclude at this time

\* 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 Waiter Walk Challenge 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. Scale verification using a kettlebell or a plate
2. Show athlete weight on scale wearing all equipment to be used for the challenge, e.g. shoes and belt
3. All equipment to be used being weighed on digital scales
4. Walk course taped and measurements shown on camera - 25ft (7.62m) length in 5ft (1.52m) increments

5. Full range of motion including the entire body of the athlete from the feet on the floor to the overhead position
6. Walkway in video, clearly showing the athlete walking around, not over objects at either end
7. Clearly show a timer visible in the 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.*

TOTAL DISTANCE WALKED: \_\_\_\_\_ TIE BREAKER - BODYWEIGHT: \_\_\_\_\_

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

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ATHLETE COPY

TOTAL DISTANCE WALKED: \_\_\_\_\_ TIE BREAKER - BODYWEIGHT: \_\_\_\_\_

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