

TTN SLINGERS

LIFTING LEAGUE 2025

ROGUE®



WORKOUT

12 MINUTE AMRAP, WITH A PARTNER:

- 100/80 CALORIE ECHO BIKE.
- 20 REPS CLEAN AND JERK (135/85 LB) (60/40 KG).
- 20 REPS CLEAN AND JERK (185/115 LB) (85/52.5 KG).
- 20 REPS CLEAN AND JERK (225/155 LB) (100/70 KG).
- MAX REPS CLEAN AND JERK (275/185 LB) (125/85 KG).

TIEBREAK = ECHO BIKE TIME.

WORKOUT FLOW

- TO START, BOTH ATHLETES STAND BEHIND THE ECHO BIKE. ON "GO", ONE ATHLETE MOUNTS THE BIKE, WHICH STARTS AT 0 CAL AND COUNTS UP TO 100/80 CAL (M/F).
- AFTER THE CALORIES ARE COMPLETE, THE ATHLETES ADVANCE TO THE BARBELL TO COMPETE 20 REPS AT THE FIRST WEIGHT.
- ONCE THE 20 REPS ARE COMPLETE, ATHLETES CHANGE THEIR OWN WEIGHT TO THE SECOND WEIGHT, TO THEN COMPLETE 20 MORE REPS. THIS IS REPEATED UNTIL ATHLETES GET TO THE FINAL BARBELL WEIGHT OF (275/185 LB) (125/85 KG) WHERE THEY WILL COMPLETE MAX REPS WITH THE REMAINING TIME.
- SCALE WEIGHTS AS NEEDED FOR PARTICIPATION.

MOVEMENT STANDARDS

ECHO BIKE:

- STARTS AT 0 CAL; THE ATHLETE DISMOUNTS WHEN THE MONITOR READS EXACTLY 100/80 CAL (M/F).



CLEAN AND JERK:

- THE BARBELL BEGINS ON THE GROUND AND MUST BE LIFTED FROM THE GROUND TO THE SHOULDERS IN ONE MOTION.
- ONCE RACKED, PRESS OR JERK THE BARBELL OVERHEAD.
- THE REP IS COUNTED WHEN THE BAR IS FULLY LOCKED OUT OVERHEAD DIRECTLY OVER THE MIDDLE OF THE ATHLETE'S BODY, WITH THE ARMS, HIPS AND KNEES EXTENDED, AND THE FEET IN LINE UNDER THE BODY.
- CLIPS MUST BE ON BOTH SIDES OF THE BARBELL FOR THE REP TO COUNT.





EQUIPMENT

IDEAL EQUIPMENT LIST:

- ROGUE ECHO BIKE (CAN USE ANY MACHINE OR BIKE FOR COMMUNITY PARTICIPATION).
- BARBELL (45/33 LB) (20/15 KG) (M/F).
- PLATES.
- CLIPS.

SCORING

SCORE: TOTAL NUMBER OF COMPLETED REPS.

ECHO BIKE TIME = TIE BREAK.

RULES

- MUST BE MM OR FF TEAMS.
- ONE PERSON WORKING AT A TIME.
- CHANGE YOUR OWN WEIGHTS.



THIS FORM IS PRINTER FRIENDLY. DOWNLOAD AND PRINT TO FILL OUT THE FORM.

RESULTS FORM

100/80 CALORIE ECHO BIKE (M/F)

20 CLEAN AND JERKS (135/85 LB)
(60/40 KG)

20 CLEAN AND JERKS (185/115 LB)
(85/52.5 KG)

20 CLEAN AND JERKS (225/155 LB)
(100/70 KG)

MAX REPS CLEAN AND JERKS (275/185
LB) (125/85 KG)

TOTAL REPS (INCLUDING CALORIES)

TIEBREAK TIME

ATHLETE NAME: _____

SIGNATURE: _____

NOTES: