

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

## CHALLENGE/SCORING:

2000m row

into

Max set of unbroken bench press

Each successful bench press repetition completed deducts 10 seconds off your 2000m row time

Lowest calculated time wins

### Men: Bench Press Load

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

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

### Female: Bench Press Load

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

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

**Time Cap:** 20 minutes

**Tie Breaker:** First 500m row split time of the 2000m row (0m - 500m)

\* 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: January 16th, 2026 at 3 PM ET

Challenge Close Date & Time: This challenge currently does not have a scheduled 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.

## SCORE SUBMISSION NOTES:

Competitors will submit their 500m time, their 2000m time, and their number of bench press repetitions. 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).

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Competitive RX Division

#### Male (Ages 18 and over)

Light: Up to 147.99 lbs (67.13kg)

Middle: 148 lbs - 211.99lbs (67.14-96.16kg)

Heavy: 212 lbs and up (96.17kg and above)

#### Female (Ages 18 and over)

Light: Up to 120.99lbs (up to 54.88kg)

Middle: 121 lbs - 167.99lbs (54.89 - 76.20kg)

Heavy: 168 lbs and above (76.21kg and above)

### Community RX Division

#### Male (Ages 18 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 18 and over)

Light: Up to 120.99lbs (up to 54.88kg)

Middle: 121 - 167.99lbs (54.89 - 76.20kg)

Heavy: 168lbs and above (76.21kg and above)

### Community Division

#### Male (Ages 18 and over)

Light: Up to 147.99lbs (67.13kg)

Middle: 148 - 211.99lbs (67.14-96.16kg)

Heavy: 212lbs and up (96.17kg and above)

#### Female (Ages 18 and over)

Light: Up to 120.99lbs (up to 54.88kg)

Middle: 121 - 167.99lbs (54.89 - 76.20kg)

Heavy: 168lbs and above (76.21kg and above)

\* Athletes should determine their weight class using their bodyweight while fully dressed in all competition clothing and gear, including shoes

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

- \* **Competitive Division:** Athlete scores count towards “Overall Challenge” and are required to perform the workout RX and follow all rules and video requirements outlined. 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)
- Dumbbell or Kettlebell to verify the scale
- Shoes of any style must be worn
- 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

## 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, but may NOT be adjusted once the 2000 meter row begins
- Monitor splits set to 500m intervals (See the attached PDF for setup instructions if you are not familiar with this process)
- Monitor set to count down from 2000 Meters to 0 (See the attached PDF for setup instructions if you are not familiar with this process)

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

## 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 2.5lbs 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

## Not Permitted Equipment:

- Lifting Belts of any type
- Tacky of any kind
- Hand Grips of any kind (including gymnastic grip and 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 Sleeves or wraps
- Elbow sleeves or wraps
- Wrist sleeves or 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.

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

## MOVEMENTS:

### ROW

1. Athlete starts seated on the rower with feet on the foot pads and the handle secured in the cradle.
2. Fan can be on any setting
3. The rower should be pre-set to count down from 2000 meters and the splits set to 500 meters
4. The athlete begins rowing and stays on the rower with feet secured until the 2000 meters is complete.

### 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" / 81cm 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 or tape. Failure to have these lines clearly marked and visible makes the athletes score subject to penalty at the judge's discretion

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

- 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 bouncing the barbell off the chest may be interpreted as trying to gain an unfair advantage and could result in a penalty being assessed.

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 competition begins with the athlete seated on the rower.

The 2000 meter row and gym timer may start at the same time when the athlete is ready

- The monitor needs to be set to count down from 2000 meters to 0
- Monitor splits need to be set at 500 meters
- The gym timer is set to count up from 0

Once the athlete completes the 2000 meters, the athlete will need to call out the time showing on the monitor. 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

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

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.

## VIDEO SUBMISSION STANDARDS:

All video submissions should be uncut and unedited 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. Digital scale verification using a kettlebell or dumbbell
2. Athlete weighing themselves and calculating the correct weight to be used for the challenge
3. Measuring and taping of the barbell bench press width standard
4. The rower, bench press setup and gym timer all in one frame
5. Full range of motion for the athlete on the rower
6. 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 at depth and at full extension over the athletes chest
7. Rower data from the monitor memory - 1st 500m (tie-breaker) & 2km times

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 weight category.
2. The camera should then clearly show all equipment the athlete will use during their challenge attempt. All of the following must be shown:
  - Barbell, to include end caps
  - All weight plates that will be used in their attempt - both sides of each plate / fractional weight
  - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

- A brief walk around of your rower
- All gear should stay in camera shot during the entire video

3. 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 process needs to start with showing scale verification by placing a kettlebell/dumbbell on the scale and showing the scale reading is correct.
- 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 5lb (2.5kg) increment  
**Scaled:** 50% of bodyweight, rounded to the nearest 5lb (2.5kg) increment
  
**Female:** Bench press load  
**RX'D:** 75% of bodyweight, rounded to the nearest 5lb (2.5kg) increment  
**Scaled:** 50% of bodyweight, rounded to the nearest 5lb (2.5kg) 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

4. The athlete should measure 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.

5. The athlete must then add the correct weight to the barbell on camera.

- The camera must show both sides of each plate added to the barbell
- Required regardless of equipment brand

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

6. 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.
7. Capture rower monitor setup
  - 2000m distance with 500m splits
  - See rules PDF for visual setup by step on this process
8. The camera should then move to the final filming position. 45 degrees to the bench press setup with all equipment in full view ready for the workout.
9. When the camera is in its final place and the athlete has taken their starting position on the rower, the athlete may begin rowing their 2000 meters by grabbing their handle at the same time their gym timer begins.
  - Rower monitor should be preset to meet all requirements mentioned above
10. As the Athlete completes the 2000m row and verbally says their time the 2 minute rest period starts. 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 during the transition to ensure full range of motion is captured.
  - The bar should be loaded to the appropriate weight prior to the start of the rowing portion of the competition
11. The athlete may start performing the approved bench reps 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
12. At the conclusion of their single unbroken bench press attempt, the camera needs to be taken to the rower monitor to show clearly the first 500 meter split time and the total 2000 meter row time.
  - Confirm Date and Time
  - Please see the rules PDF for step by step instructions for how to show this on your rower monitor if you are not familiar with this process
13. 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.

# PUMP-N-ROW CHALLENGE

CHALLENGE  
ROGUE

## 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 dumbbell or kettlebell
2. The athlete weighing themselves
3. Adding the correct weight to the barbell, showing both sides of each plate that will be used for the bench press competition
4. Barbell width standard taped and measured

5. The athlete is not wearing any illegal equipment
6. A clear view of the barbell touching the athletes chest
7. The timer in frame
8. The 1st 500m time and 2000m time on the rower monitor after the bench press is over

*Failing of your video to show these items 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 clearly.*

JUDGE COPY

SCALED OR RX \_\_\_\_\_ WEIGHT CLASS \_\_\_\_\_ 500M TIME \_\_\_\_\_ 2000M TIME \_\_\_\_\_

BENCHPRESS LOAD \_\_\_\_\_ BENCH REPS \_\_\_\_\_

CALCULATED FINAL TIME \_\_\_\_\_  
2000m row time - (bench reps x 10 seconds)

JUDGE/WITNESS \_\_\_\_\_  
PRINT \_\_\_\_\_ JUDGE/WITNESS SIGNATURE \_\_\_\_\_

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 \_\_\_\_\_ 500M TIME \_\_\_\_\_ 2000M TIME \_\_\_\_\_

BENCHPRESS LOAD \_\_\_\_\_ BENCH REPS \_\_\_\_\_

CALCULATED FINAL TIME \_\_\_\_\_  
2000m row time - (bench reps x 10 seconds)

JUDGE/WITNESS \_\_\_\_\_  
PRINT \_\_\_\_\_ JUDGE/WITNESS SIGNATURE \_\_\_\_\_

ATHLETE NAME \_\_\_\_\_ ATHLETE SIGNATURE \_\_\_\_\_  
PRINT \_\_\_\_\_

I confirm the information above accurately represents the athlete's performance for this workout.

JUDGE/WITNESS SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_