

## CHALLENGE/SCORING:

Select your target weight tier, find your max cumulative total for the following three lifts in one hour:

1 Rep Max Back Squat

1 Rep Max Bench Press

1 Rep Max Deadlift

### Target Weight Division Tiers:

500lbs - 749lbs (227kg - 339kg)

750lbs - 999lbs (340kg - 453kg)

1000lbs - 1249lbs (454kg - 566kg)

1250lbs - 1499lbs (567kg - 679kg)

1500 + (680kg +)

Time: Athletes have a 1 hour time cap to complete the three lifts

\* 1 hour clock begins just before the first lift and does not include time to show competition gear to the camera as outlined below

\* Competitors need to use Time.is or any clock that shows a time and date to validate their time window as outlined below

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.

This challenge is not part of the overall Rogue Challenge competition. No points are awarded on the overall leaderboard and there are no cash prizes for this challenge

## DEADLINES AND SUBMISSIONS:

Challenge Start Date & Time: January 9th, 2026 at 12:00 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.

## ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:

### Male (Ages 18 and over)

500lb Club (227kg)  
750lb Club (340kg)  
1000lb Club (454kg)  
1250lb Club (567kg)  
1500 Club (680kg)

### Female (Ages 18 and over)

500lb Club (227kg)  
750lb Club (340kg)  
1000lb Club (454kg)  
1250lb Club (567kg)  
1500 Club (680kg)

\* Athletes who submit a total weight that differs from their selected division will be automatically moved to the correct tier by the judging team.

\* 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.

## SCORE SUBMISSION NOTES:

Scores will display in pounds on the leaderboard

In order to be eligible to earn your t-shirt, our judging team needs to validate your lifts. In order to validate the lifts, athletes must record their lifts following all rules and movement standards outlined in this document. This includes showing all equipment and weight markings on the equipment clearly to the camera, and measuring the bench press width standard on the bench press barbell regardless of equipment brand used.

### Submitting your score

All scores are submitted on [roguefitness.com/1000lb-club-challenge-registration](http://roguefitness.com/1000lb-club-challenge-registration), the same webpage that you used to register

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 during the score submission process on Rogue's website.

## 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 videos, 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 1000lb FAQ page on the Challenge website

Rejected entries will not receive a t-shirt.

## Submitting a second score

If a competitor receives a rejected score ruling, they may submit a new score by following the same submission steps on Rogue's website at any time during the competition window.

- Competitors are permitted one "approved"/"accepted" score per registration
- Once the judging team accepts a score, the score is locked for that athlete
- Competitors are not eligible for refunds for rejected scores based on-not following rules, movement standards or on time score submissions.

## EQUIPMENT LIST:

- White tape to mark bench grip width press standard
- A cell phone or iPad with live connection to Time.is or similar type programs proving time/date on your device
- Standard 15KG (35LB) or 20KG (45LB) Barbell
  - Any style barbell is permitted including deadlift bars, power bars etc - specialty barbells are not, see below
  - Shaft will need tape marks at 31.9" (81 cm) apart to show the approved maximum hand placement width
  - If you have questions about whether your barbell will be accepted, please email [judging@roguefitness.com](mailto:judging@roguefitness.com)
- Weight Plates with the weight clearly marked
  - Max of 18" (45 cm) diameter
  - Minimum plate increments of 1LB or 0.5KG per side
- Squat rack for the back squat and the bench press
- Bench for bench press
- Barbell Collars

- 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

## **Permitted Equipment:**

- Gym Chalk (magnesium carbonate)
- Weightlifting Belt
- Knee/Elbow Sleeves (single or pairs)
  - Knees and elbows must remain visible to the camera and not covered by long shorts or sleeves during attempts
- Wrist Supports/Wraps
- Olympic Lifting Singlet
- Talcum powder
- Mouth guards
- Thumb tape
- Recommended: Shoes of any style (not required)

## **Not Permitted Equipment:**

- Tacky of any kind
- Wedges or anything to elevate the heels
- Hand Grips of any kind including liquid grip
- Gloves or any type of hand, forearm or bicep coverings
- Sticky Adhesives or grip adhesives of any kind anywhere on the clothing, body, or bar (including spray or other)
- Multiple layers of sleeves/wraps on top of each other
- Lifting Straps of any kind
- Knee Wraps or Elbow Wraps
- Any multi-ply suits including deadlift or powerlifting suits
- Long sleeve pants/shorts that cover the knees/elbows
- Mono lift
- Smith Machines
- Any pads or additional support added to the barbell for the back squat
- Specialty barbells including safety squat bars, trap bars etc.
  - If you have questions about whether your barbell will be accepted, please email [judging@roguefitness.com](mailto:judging@roguefitness.com)

workout and video flows as outlined.

## MOVEMENTS:

The lifts may be performed in any order, however, athlete must verify their equipment prior to the first lift.

### Back Squat

Barbell begins in the squat rack.

The barbell must be unracked from the squat rack without assistance

- After unracking the bar the athlete must step back to begin the squat
- The athlete must squat to a depth BELOW PARALLEL where the hip crease is clearly below the top of the knee with the barbell controlled in a back rack position
  - High or low bar positions are both acceptable
- The athlete must then stand, without assistance to a position where the knees and hips are fully extended with the barbell supported in the back rack position
- The athlete must re-rack the barbell without assistance to complete the lift
- Ensure that spotting bars/straps do not block the view required to verify the movement standards required for the back squat - to a depth clearly below parallel.

### Bench Press

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.

The acceptable body position for the one repetition 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 lift, the lift will not count.
- 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 lift the lift will not count
- Hooking of feet/legs around the bench supports is not permitted
- 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" (81 cm) 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.
- These lines need to be clearly marked and visible on the barbell shaft with chalk. Failure to have these

lines clearly marked and visible makes the athletes score subject to penalty at the judge's discretion

- Both hands must remain on the barbell during the entire repetition and must remain within in contact with the markings at all times.

When the athlete has full unassisted control of the barbell extended over their chest after the initial unrack, they may begin their attempt 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. Once the arms are fully extended, the athlete must show a pause to demonstrate full control prior to re-racking the barbell

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

## Deadlift

Barbell begins on the floor.

- This is a traditional deadlift with the hands outside of the knees (Sumo Deadlift is not permitted).
- Any style of grip is allowed.
- The bar is lifted to the finishing position where the hips and knees are fully extended with the head and shoulders behind the bar.
- Once the athlete reaches the required finishing position they will lower the barbell to the ground while maintaining control of the bar. Dropping the bar is NOT allowed.

\* See the Rogue 1000lb Club instructional video at [www.roguefitness.com/challenges](http://www.roguefitness.com/challenges) for a visual example of the permitted movements.

## FLOW:

The lifts may be performed in any order, however athlete must verify their equipment prior to the first lift

## Verify Equipment and show time & date

Show time/date device to the camera

Athlete shows the camera all equipment to be used for the challenge and measure the bench press width standard.

- Barbell(s), to include end caps
  - Using the tape measure, the athlete should measure the pre-marked 31.9" (81 cm) finger marks on the barbell shaft confirming it meets the requirements listed in the movement standards above.
  - It is recommended that these finger marks be pre-marked before filming begins.
- All weight plates that will be used in their attempt
  - Both sides of the plates
  - Plates need to clearly have the weights printed on them, and both sides must be displayed to the camera

## Lift 1: The Back Squat

Athlete racks the bar and loads the bar to the initial weight, showing each weight being added clearly to the camera

Once the bar is loaded, athlete verbally declares initial weight

Show time/date device to the camera

- Used by the judges to confirm all 3 lifts happen within the 1 hour time window

Athlete shows camera no illegal supportive equipment is being used

Complete lift - athlete must hit depth and stand to full extension - full movement standards above

If adding weight for multiple attempts clearly show all equipment being added to the camera

Verbally confirm new load

## Lift 2: The Bench Press

Athlete loads the bar to the initial weight, showing each weight being added clearly to the camera

- Tape marks on barbell shaft showing max hand placement must be visible (31.9" / 81 cm)

Once the bar is loaded, athlete verbally declares initial weight

Show time/date device to the camera

- Used by the judges to confirm all 3 lifts happen within the 1 hour time window

Athlete shows camera no illegal supportive equipment is being used

Complete lift - athlete must touch the chest and fully extend the arms - full movement standards above

If adding weight for multiple attempts clearly show all equipment being added to the camera

Verbally confirm new load

## Lift 3: The Deadlift

Athlete loads the bar to the initial weight, showing each weight being added clearly to the camera

Once the bar is loaded, athlete verbally declares initial weight

Show time/date device to the camera

- Used by the judges to confirm all 3 lifts happen within the 1 hour time window

Athlete shows camera no illegal supportive equipment is being used

Complete lift - athlete must stand to full extension - full movement standards above

If adding weight for multiple attempts clearly show all equipment being added to the camera

Verbally confirm new load

\* The athlete may add or subtract weight from the bar working toward their max load and repeat the flow listed above.

\* The athlete may make as many attempts at each movement as they would like

\* Additional personnel may be used to add/remove weight from the barbell.

## **GYMS/COMPETITORS COMPETING GROUP SETTINGS:**

Competitors may perform this challenge in a group setting. Groups completing the challenge together can modify the video standards based to follow the guidelines here:

1. Start the video by introducing everyone that will be taking part in the challenge, stating name and division
2. Show all equipment and weight markings on the equipment clearly to the camera, and measure the bench press width standard on the bench press barbell, required gear regardless of equipment brand used.
3. Keep date/time displayed in the background during the entire session or have each person show the time/date prior to each attempt
4. Before each lift the individual attempting the lift should show the camera the date/time and state their name and weight to be attempted to the camera.
5. When submitting your score, athlete's needs to add in the notes field the time in the video of their attempt so the judges can easily find the attempt to view/judge
6. During your score submission, please be sure to include the gym name for where you performed the challenge

## **EQUIPMENT VERIFICATION VIDEO STANDARDS:**

**IMPORTANT:** The lifts may be performed in any order, however athlete must verify their equipment prior attempting their 1st lift.

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. The equipment verification step should be included at the beginning of the video for lift 1 and shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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 verification process should follow the steps outlined below:

1. The submitted video should start with the entire athlete in frame stating their name, the challenge name and declaring the order they will perform the movements in.
2. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.

Your 1 hour time window does not begin until just before you show time. is prior to your first lift



3. The camera should then clearly show all equipment to be used for the challenge and measure the bench press width standard. All of the following must be shown:

- Barbell(s) to include end caps
  - Using the tape measure, the athlete should measure the pre-marked 31.9" (81 cm) finger marks on the barbell shaft confirming it meets the requirements listed in the movement standards above.
  - It is recommended that these finger marks be pre-marked before filming begins.
- All weight plates that will be used in their attempt
  - Both sides of the plates
  - Plates need to clearly have the weights printed on them and both sides must be displayed to the camera

After this has been completed, the athlete may move to the sequences outlined below for their chosen 1st lift.

### **Back Squat Video Submission Standards:**

**IMPORTANT:** The lifts may be performed in any order, however athlete must verify their equipment prior to the first lift as outline in the "Equipment Verification Video Standards" section.

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. Videos shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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.

This video should be shot from at a 45 degree angle to the athlete ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video:

1. Clearly show to the camera the camera the weight being added to the barbell for each lift, and state the load to be attempted
2. Clearly show the lift so that movement standards can be verified. Ensure the view recorded clearly shows the hip crease below the top of the knee and that is it not obstructed by the squat rack and/or safety arms.

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 "back squat attempt."

2. The athlete must open their time device and clearly show the time and date reading to the camera.  
Please verbally confirm the date and time showing.
  - This step is to confirm the athlete is still within their 1 hour time window. If this is your first lift, your official 1 hour clock begins at this step
3. The camera should then show the bar being racked and the load of the first lift being loaded onto the bar.
  - The bar may be racked before the video begins
  - Clearly show to the camera the weight being added to the barbell for each lift
  - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
  - A coach or helper can assist with this process
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 should move back into the correct 45 degree filming angle for the challenge attempt.
  - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above
  - Ensure that spotting bars / straps do not block the view required to verify the movement standards required for the back squat - to a depth clearly below parallel.
6. Once the athlete is ready they may begin their lift based on the criteria outlined above.
7. If changing the load and completing multiple attempts;
  - Clearly show all weights being added/removed to the camera for each attempt
  - Verbally confirm loads being added/removed
  - Verbally confirm new load to be attempted
  - A coach or helper can assist with this process

8. Once final lift is completed show and confirm last successful load lifted.

### **Bench Press Video Submission Standards:**

**IMPORTANT:** The lifts may be performed in any order, however athlete must verify their equipment prior to the first lift as outline in the “Equipment Verification Video Standards” section.

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. Videos shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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.

This video should be shot from at a 45 degree angle to the athlete ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video:

1. Showing all equipment and weight markings on the equipment, and showing the bench press width standard on the bench press barbell
2. Clearly show to the camera the weight being added to the barbell for each lift, and state the load to be attempted
3. Clearly show the lift so that movement standards can be verified

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 “bench press attempt”.
2. The camera should then show the bar set for the opening weight attempt
  - Clearly show to the camera the plates being added to the camera to the bar
  - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
  - A coach or helper can assist with this process
3. The athlete must open their time device and clearly show the time and date reading to the camera. Please verbally confirm the date and time showing.
  - This step is to confirm the athlete is still within their 1 hour time window. If this is your first lift, your official 1 hour clock begins at this step
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 should move back into the correct 45 degree filming angle for the challenge attempt.
  - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above
6. Once the athlete is ready they may begin their lift based on the criteria outlined above.
7. If changing the load and completing multiple attempts;
  - Clearly show all weights being added/removed to the camera for each attempt
  - Verbally confirm loads being added/removed
  - Verbally confirm new load to be attempted
  - A coach or helper can assist with this process
8. Once final lift is completed show and confirm last successful load lifted.
9. The bench press video may then conclude

## **Deadlift Video Submission Standards:**

**IMPORTANT:** The lifts may be performed in any order, however athlete must verify their equipment prior to the first lift as outline in the “Equipment Verification Video Standards” section.

For this challenge, athletes should submit 3 separate videos. 1 video for each movement. Videos shot with a fish eye lens or similar lens may be rejected due to the visual distortion these lenses cause. Sound maybe on or off. 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.

This video should be shot from at a 45 degree angle to the athlete ensuring that the video clearly shows the entire body. Critical items that need to be clearly visible on the video:

1. Clearly show to the camera the weight being added to the barbell for each lift, and state the load to be attempted
2. Clearly show the lift so that movement standards can be verified

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 “deadlift attempt.”

2. The athlete must open their time device and clearly show the time and date reading to the camera.  
Please verbally confirm the date and time showing.
  - This step is to confirm the athlete is still within their 1 hour time window. If this is your first lift, your official 1 hour clock begins at this step
3. The camera should then show the bar being loaded for their first lift attempt.
  - Clearly show the camera the weight being added to the barbell for each lift
  - Once loaded, verbally confirm the load to be attempted to the camera, ensuring the video can confirm this load
  - A coach or helper can assist with this process
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 should move back into the correct 45 degree filming angle for the challenge attempt.
  - The final position should capture all movement standards to be able to verify the lift, refer to the movement standards above
6. Once the athlete is ready they may begin their lift based on the criteria outlined above.
7. If changing the load and completing multiple attempts;
  - Clearly show all weights being added/removed to the camera for each attempt
  - Verbally confirm loads being added/removed
  - Verbally confirm new load to be attempted
  - A coach or helper can assist with this process
8. Once final lift is completed show and confirm last successful load lifted

\* 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 judge's discretion.

\* Refer to the demo video on the Rogue website for a visual for how the workout and video should flow.