THE ECHO TIME TRIAL CHALLENGE

CHALLENGE/SCORING:
Maximum calories in 2 minutes on a Rogue Echo Bike.

Athlete with the most calories will win the challenge

Tie Breaker: Max watts output

DEADLINES AND SUBMISSIONS:
Challenge Start Date & Time: March 20th at 9AM EST
Challenge Close Date & Time: March 30th 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.

SCORE SUBMISSION NOTES:
Scores for this competition will display the total number of calories completed in a 2 minute window

ELIGIBILITY STANDARDS AND DIVISIONS/AGE GROUPS:
Competitive RX Division
   Male - 18 and over
   Female - 18 and over

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

* **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.

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* 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
    - Any version of the Rogue Echo Bike Monitor is allowed
    - Monitor must be set to 2 minutes for a valid submission
    - See the appendix on how to set the monitor(s)
- 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
- FAN GUARDS of any type
    - 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 to be removed for the challenge
- 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

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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 on the bike. Hands and feet must maintain contact at all times during the 2 minute window.

The Echo Bike Monitor must be set to count down from 2 minutes
- See the appendix on how to set the monitor(s)

The official number of calories completed in 2 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 Time Trial 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 2 minutes.

When the athlete is ready they will begin pedaling until the full 2 minutes is completed.

The athlete must remain on the bike with their hands and feet in contact until the 2 minutes complete.

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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 2 minutes
2. Full Echo Bike showing the following:
  - It is not anchored down
  - It does not have a wind guard
  - No clip in pedals of any kind
  - Stock/standard seat
3. Following the challenge, a close up showing the monitor while displaying the total calories and all data on screen as it scrolls through. Final calories and max wattage need to be clearly visible.

The athlete will need to follow the steps outlined below:

1. 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.

2. The submitted video should start with the entire athlete in frame stating their name followed by the challenge name and their chosen division.

3. 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

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4. Capture the bike monitor being set to count down from 2 minutes
   - See the attached PDF for step by step process on this if needed

5. 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.

6. 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

7. When the athlete is ready they may begin the 2 minute effort

8. After the athlete has completed the 2 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:
      - The final overall calories completed
      - 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 2 minutes

5. A close up of the bike monitor after the challenge has ended clearly showing the 2 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

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ECHO BIKE V2 MONITOR:

1. Press Target until Time flashes

4. Show Total Calories Achieved

2. Press Enter on Time

5. Show Max Wattage on camera

3. Change Target Time to 2 minutes and start when ready

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ECHO BIKE V3 MONITOR:

1. Select Time

4. End Screen, Calories achieved

2. Change time to 2 minutes and select ok

5. Change Units to Wattage

3. Screen is set, ensure units selected is calories, start when you are ready
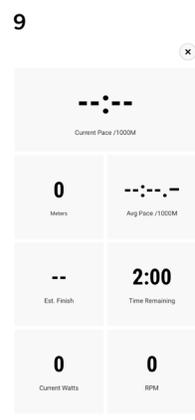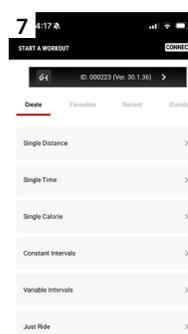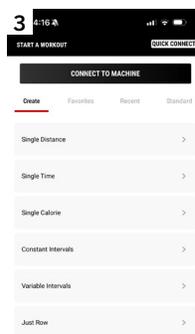

6. Show Max Wattage

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ROGUE APP:

1. Select Connect on Monitor

2. Monitor Ready to Connect

3. Open Rogue Move App and Select Connect To Machine

4. Make Sure Echo Bike Monitor is on Connect

5. Press Select on your Machine

6. When Machine is Connected Press Start Workout

7. Select Single Time

8. Change Time to 2 minutes and press Start Workout

9. Workout Screen Ready on App and Workout will be sent to Monitor

Steps 10 - 13 continue on next page

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10. Workout Ready on Monitor, start when ready

11. At the end of the workout Show Total Calories Achieved

12. Press Units until Wattage is shown

13. Show Max Wattage Achieved