



WORKOUT FOUR

PRESENTED BY **RP**
RENAISSANCE PERIODIZATION

TOTAL COMBINED TIME
OF THE FOLLOWING:

- ATHLETE 1: 500M ROW**
- ATHLETE 2: 1000M ROW**
- ATHLETE 3: 2000M ROW**
- ATHLETE 4: 5000M ROW**

SCORE /

TOTAL TIME

EQUIPMENT /

C2 Rower

FLOW /

This workout is scored by the total time it takes each athlete to complete one of the assigned row distances: Athlete 1 - 500m, Athlete 2 - 1000m, Athlete 3 - 2000m, Athlete 4 - 5000m.

Teams can assign any athlete on their team to complete each of the unique distances above. This workout is scored by total row time of all four athletes. Each athlete must use a Concept 2 Rower. No other rower types will be accepted.



FLOW (CONT.) /

Prior to the start of the workout, athletes will be required to pre-set their rower monitor in the following way: First, turn the monitor on. Once on, click “Select Workout.” Then, “New Workout”, “Single Distance.” Then pre-set the rower to the select distance and click the checkbox button. Additionally, athletes must use a running gym clock as well as the clock on the C2 Rower.

Once these steps have been taken, the athlete can begin pulling.

SCORING /

This workout is scored as the combined total time of all team members.

VIDEO SUBMISSION /

Prior to starting, the athlete must state their name, workout being performed, and clearly place the camera in view of the monitor of the rower. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.

Monitor should be in frame at all times, and clearly shown at the end of each distance with the total time displayed for the score to count.

While video submission is not required until the conclusion of the challenge, we recommend filming all of your completed workouts in preparation for those requested.



PRESCRIBED WORKOUT / SCORE SUBMISSION DUE: DECEMBER 16TH AT 8PM EST

TOTAL COMBINED TIME OF THE FOLLOWING:

ATHLETE 1 / 500M ROW

TIME

ATHLETE NAME

ATHLETE 2 / 1,000M ROW

TIME

ATHLETE NAME

ATHLETE 3 / 2,000M ROW

TIME

ATHLETE NAME

ATHLETE 3 / 5,000M ROW

TIME

ATHLETE NAME

TOTAL TIME

ATHLETE NAME _____

SIGNATURE _____

JUDGE NAME _____