

**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 5

FOR TIME:

30 Calorie Row
15 Front Squats
30 Calorie Row

**No time cap.*

DIVISION VARIATIONS

CHIEF:
Front Squats
(225/155lb) (102/70kg)

OFFICER:
Front Squats
(185/125lb) (84/57kg)

RECRUIT:
30 Single Dumbbell Step Back Lunges
(15 each leg)
15 Double Dumbbell Front Squats
30 Single Dumbbell Step Back Lunges
(15 each leg)

*Single DB = (35/20lb) (15/10kg)
Double DBs = (2x35/20lb) (2x15/10kg)*

EVENT 5 - SCORECARD

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

30 CALORIE ROW	30
15 FRONT SQUATS	45
30 CALORIE ROW	75

TIME COMPLETED: _____

ATHLETE NAME: _____

ATHLETE SIGNATURE: _____

JUDGE NAME: _____





EVENT 5 - DESCRIPTION

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

FILMING: If athletes are performing this workout for consideration of winning an official prize, the workout must be filmed. Filming should be set up with a clear, unobstructed view of all movements (3/4 view advised - please refer to floor layouts for suggested placement). A clock should be in frame at all times. Athletes must remain in frame once workout begins. Athletes should perform movements so that the movement standards can be clearly seen throughout the duration of the workout. All weights (both sides of the barbell if applicable) and all measurements must be clearly shown before the workout attempt. All equipment should stay in frame after measurements have been shown and final camera setup should keep all movements and the athlete in full frame at all times.

FLOOR LAYOUT: Athlete will need a loaded barbell with clips and Concept 2 rower, and a 5 ft. section of floor separating the rower and barbell (inside edge to inside edge of tape lines). Please ensure that you are completing your workouts within the same division across the entire competition (Chief, Officer, or Recruit). Athletes are not allowed to mix different division versions (i.e. Athlete X should only attempt Officer-level events if they are in the officer division). Athletes will be performing a row/front squat/row (or division-specific variation) for a single round. Athletes may start on the rower, but can not touch the handle till the call of 3..2..1..go. This event is scored by TOTAL TIME after the last rep is completed.

ROW: Athletes must use a Concept 2 rower. The rower's monitor must be clearly visible and should only be counting up. The athlete is permitted to receive assistance with resetting their monitor and the monitor MUST be reset when returning for the second row. The athlete cannot touch the rower handle until time has started. The athlete must remain seated with their hands on the handle until the target calories are displayed on the screen.

SINGLE DUMBBELL STEP BACK LUNGE: Athletes will perform this movement with a single dumbbell. The dumbbell can be held in any fashion, but cannot be set or supported on the forward leg during the step back lunge. There is no grip standard, meaning the athlete does not have to maintain hands on the dumbbell handles. However, one hand MUST always be in contact with any portion of the dumbbell at all times. The athlete will begin standing tall with the single dumbbell and step back, making contact between their back knee and the floor. The athlete will return to a standing position with full extension of the knees and hips. The athlete is not allowed to press on or off of the forward leg with the hands during the lunge. Reps will alternate between legs until 30 reps (15 reps on each leg) has been completed. If an athlete receives a no rep, they must attempt the leg they just failed before moving onto the next rep. Athletes should NOT drop the dumbbell on the floor when resting or when this movement has been completed.

FRONT SQUATS: Athletes will begin with a barbell on the floor. Clips must be used on the barbell. The barbell will be cleaned to the front rack position. The use of a rig or rack is NOT allowed. The athlete is allowed to begin their first rep with a squat clean. The athlete must pass through a full squat with hip crease below parallel, and then return to full extension of the hips and knees. The athlete should demonstrate CLEAR control and lockout on the final rep before dropping the bar. Dropping the bar before completing a clear lock-out of the front squat will result in a no-rep. Reps should be performed beyond tapeline. Performing reps on the tapeline or inside the 5 ft. separation area will result in a no-rep.



DOUBLE DUMBBELL FRONT SQUATS: The athlete will perform this movement with two dumbbells. The “front squat” denotes that the athlete must maintain a grip on the handle of each dumbbell during all reps and the dumbbells must be racked at shoulder height. Athletes will begin standing tall, pass through a full squat with hip crease below parallel, and return to full extension of the hips and knees. The athlete should demonstrate CLEAR control and lockout on the final rep before setting down the dumbbells. Athletes should NOT drop the dumbbells on the floor when resting or when this movement has been completed.

DISCLAIMER: Any effort that is made on the athlete’s part to attempt to manipulate standards to make a movement easier, gain an unfair advantage, or deviate from the commonly accepted standards (unless otherwise clearly stated in the movement standards listed above) will result in penalty or disqualification of the submitted score. Keep it fair and keep it clean.



**MAYHEM
ATHLETE**

EVERYDAY HERO GAMES

2023

EVENT 5 - FLOOR LAYOUT

SCORE SUBMISSIONS DUE SUNDAY, MAY 7, 11:59PM (CST).

