



## Rogue

**3 X rounds for time of:**

20x Air Squats  
20x in-place Lunges (10x each leg) +  
20x jumping Lunges (10x each leg) +  
10x Jumping Squats

*(Cap: 15min)*

### Notes

*This workout is super tough on the legs and you can expect to feel a very deep burn by the time you hit the squat jumps on the 1st round.*

*The workout begins with the Air Squats and the athlete must complete all the reps of the particular movement before moving on to the next exercise.*

*Once one round is complete the athlete moves on to the next round, beginning with the Air Squats.*

*The score is the time in seconds that an athlete takes to complete the workout.*

*For example if the athlete takes 2mins and 10 seconds their score is 130  
(60+60+10)*

*If the athlete does not complete the allocated work in 15 minutes, the reps that are left over will be added to the time as additional seconds.*

*If the athlete does not complete the allocated work in the maximum 15 minutes, the reps that are left over from any exercises will be added to the time as additional seconds.*



*For example: If an athlete had 10 jump squats left at the end of the maximum 15 minute time cap then 10 seconds are added and the the score is 15min 10secs which equals 730 seconds (900 +10) and a final score of 910.*

*The timer must run continuously from start of the first exercise to completion of the final exercise. Do not stop the clock in between exercises.*

## **Movement Standards**

### **Air Squats**



The athlete stands tall and begins the rep by descending into a squat where the hips are below knees. The rep is complete once the athlete is at full hip and knee extension i.e standing tall.

## Lunges



The athlete stands tall and begins by stepping forward and extending the back knee to touch the ground. The rep is complete at full hip and knee extension.

## Jumping Lunge



The athlete stands tall and begins by stepping forward and extending the back knee to touch the ground. The athlete extends the lunge into a jump and switches legs in a fluid continuous movement.



## Jumping Squats



The athlete stands tall and begins the rep by descending into a squat where the hips are below knees. The athlete extends the squat into a jump with both feet leaving the ground. The rep is complete once athlete lands after a jump.

The athlete can continue straight back down into a squat in a continuous motion if they wish.

## Scaling options

### Squats:

“Box squats” using a chair

### Lunges:

Limit range of motion (to a comfortable point)

### Jumping Squats:

Normal lunges or limited range of motion lunges.

## Equipment needed

None



## **Video submission standards**

All video submissions should be uncut and unedited.

Shoot the video from an angle so all movements can be clearly seen meeting the movement standards.

Clearly state when your timer has started running as we will begin timing as soon as you begin your first rep.