

**“RIDE AND DIE”  
8 MINUTES  
2 SCORES:**

**TEAM SCALED  
TEAM INTERMEDIATE  
TEAM RX**

- 1. Max Cals on C2 Bike Erg**
- 2. Max Reps of 20-15-10-5**

C2 Bike Erg

20 Hang Clean  
to OH

40lbs total using  
Rogue Stubby  
Axle (Males and  
Female)

20LB bar + 10LB  
plates/side

15 Heavy Rope  
Swings

Rogue Outlaw 120  
Rope (10 feet)

10 DB OH  
Alternating  
Lunges

30LB dumbbells  
held in each hand  
overhead for ALL  
ATHLETES.

5 D-Ball  
Over The  
Shoulder Throws

100LB D-Ball for  
all athletes  
EXCEPT for  
SCALED  
FEMALES (60lbs)

On 3, 2, 1, Go one athlete will start on the C2 Bike Erg and the other will complete the 4 movement workout. Once that athlete has completed all 50 reps, the partners will switch. The athlete who was on the Bike Erg will then complete the 4 movement workout and the other will complete the Bike Erg.

This will continue for the 8 minutes. One score will be total cals completed and the other will be total reps completed. There will be one judge only judging the 20-15-10-5 workout.