

# PAIN TO GAIN

## WORKOUT #1

4/8/19 8 A.M. – 4/15/19 8 A.M.  
(PACIFIC STANDARD TIME)

ATHLETE NAME:

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### Equipment

- One concept 2 rower
- Pull up bar

### Notes

This workout begins seated on the rower with the monitor set to zero calories. At the call of “3-2-1 ... go,” the athlete will grab the handle and begin pulling, once they have reached 20 calories, they will move on to complete 10 rower facing burpees. Once completed they will move to their pull-up bar and perform 10 toes-to-bar. This is a 5 round workout. Every second counts in this workout. Your score will be the time it takes to complete all 200 repetitions.

**\*\*RECORD TIME AFTER 3rd SET OF TOES-TO-BAR AS THIS WILL BE THE TIEBREAK TIME.**

### VIDEO SUBMISSION STANDARDS

Prior to starting, film the rower monitor, perpendicular line on the floor for burpees, and pull-up bar for toes-to-bar. The athlete, equipment, judge, and timer must all be in the video for the duration of the video. Any editing of the videos will be rejected.

**5 ROUNDS FOR TIME**

**20 CALORIES ROWING (CONCEPT 2)**

**10 ROWER FACING BURPEES**

**10 TOES-TO-BAR**

ROUND	20 CAL	10 RFB	10 T2B
1			
2			
3			**
4			
5			