



CARDIO CHAOS

RULEBOOK



CARDIO CHAOS OFFERS 2 DIVISIONS.

THE DIVISIONS DIFFER IN THE FORM OF A SINGLES OR DOUBLES WORKOUT

Workout	
Run	1km (out of the gym, 4 lengths of the path and back)
Assault Bike	50 Calories
Run	1km (out of the gym, 4 lengths of the path and back)
Sled Push	100m (10 Lengths) 100kg
Run	1km (out of the gym, 4 lengths of the path and back)
Row	500m
Run	1km (out of the gym, 4 lengths of the path and back)

Ranking System

The ranking system and the resulting overall ranking is based on the fastest time in the respective division of each event. Results are sorted from the fastest to the slowest time.

The Workout

Cardio Chaos is either a Singles or Doubles workout. The workout consists of a 1km run followed by one workout, repeated 3 times with an additional 1km to finish.

If doing the workout as a Double the reps must be completed together. However, it is up to each doubles team member how far in distance or how many reps he/she completes. The workout follows the principle “I Go, You Go” which means 1 athlete works, while the other rests and vice versa.

Workout Rules and Regulations

- Complete all workouts, in the correct order
- Perform each exercise according to the movement standards
- Complete the correct number of repetitions and/or distances.
- Ring the bell to complete the workout

Referees

For each Doubles Team a referee will be responsible for ensuring all participants complete the workout in the correct and safe manner. All decisions of the referee are final.

Movement Standards, Distances and Weights

The assignment to the equipment for each workout station will be allocated by your referee.

Running

The running distance is always 1000m. The route will be marked out by marshals, we will be using the lane behind the gym. Athletes will run out of the shutter in Room B, head left out of the car park until the junction opposite Scottish Water, turn left and carry on a few meters until they see the marshal at the top of the lane, run 4 lengths of the lane and then run back to the gym, entering the main front door.

Athletes who are running as a double, both run together to the lane, then one athlete can rest whilst the other athlete completes two lengths of the lane, they then swap over and both athletes run back to the gym together.

Assault Bike

- Prior to starting the workout the monitor must be (re)set by a referee.
- The athlete must remain seated on the assault bike until the monitor reads 50 calories.

The resting Athlete must stand to the side of the box to avoid obstruction.

Sled Push

- Both, sled and athlete must be completely behind the line prior to beginning.
- Sled must always pass marked area entirely before change of direction
- As soon as the athlete completed 10 lengths of the gym floor and the entire sled passes the start/finish line the station is completed.

If working as a double the resting athlete walks behind the working athlete.

Distance 10 lengths

Weight 100kg including sled weight

Rowing

- Prior to starting the monitor must be (re)set by a referee.
- After completing the required distance, the athlete must his/her arm to alert the referee to confirm the required distance has been completed.
- Only after receiving the referee's confirmation of completion the athlete may leave the station.

The resting athlete remains behind the rower and does not obstruct other participants.

Distance 500m

*The dampner setting on the ergometer is present for the following resistance:

Warriors	6
Gladiators	6

Note: : Each doubles team is allowed to adjust the dampner setting once to their own preferences. However, once an Athlete starts the exercise, the team is not allowed to change again and must remain with the chosen setting until the entire distance has been completed

In order to complete the workout, each team must ring the bell.