

ALL DIVISIONS

6 minute Max Calorie Row & Bike

1 person Rows while the other Bikes

Switch every minute

2 scores: Total Row Calories and Total Bike calories

Workout Notes

- **Workout begins 2 minutes after Event 3, at the 44:00 mark on the clock**
- **Athletes start seated on their cardio machine, one athlete on the rower and one on the bike**
- **They will accrue calories for a full minute, then at the call of switch they will switch places**
- **Monitors will not be reset during the switch, they will continue to count up continuously**
- **All athletes in all divisions will complete the same workout**
- **There are two scores for this event, one is total Row Calories and one is Total Bike Calories**

Bike



- Athletes must remain on the bike for the full minute until the call of 'rotate'
- Athletes can adjust the seat, handles, and damper setting how they like before they get on when switching, but must leave it at that setting for the full minute they're on it
- In the final round, at the call of time judges will capture the total calorie number on the monitor for your Bike score

Row



- Athletes must remain on the bike for the full minute until the call of 'rotate'
- Athletes can adjust the seat, foothold, and damper setting how they like before they get on when switching, but must leave it at that setting for the full minute they're on it
- In the final round, at the call of time judges will capture the total calorie number on the monitor for your Row score

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HALO
GAMES
2025

EVENT 3
THE 500's

MOVEMENT STANDARDS

Transitions



- Athletes **MUST** tag each other when switching between cardio machines every minute