POINT SCORING RULES-

Outdoor run: Includes running, jogging, hiking, walking for fitness and other forms of high-intensity ambulation. 7.5 points per mile.

Rowing: Includes indoor rowers and ski ergs. 5.5 points per kilometer

High-intensity cardio: Includes HIIT, interval training, Barry's, boxing and cardio-intensive sports *(remove "bench time" / "rest time"). 0.9 points per minute.*

Low-intensity cardio: If you can hold a conversation, it's low intensity (Includes most lifting, pilates, bouldering, elliptical, etc.) 0.6 points per minute

Horses: 16.75 points per horse rode

Yoga/ stretching: Includes stretching of more than 10 minutes. 0.4 points per minute

Outdoor cycling: May include commute or training. For indoor rides, use either Low-Intensity or Hi-Intensity Cardio (depending on HR). 1.8 points per mile

PENALTIES

Overindulge: overindulgence on eating unhealthy food. Defined and self reported by the competitor. -10 points

Drinks: alcoholic drinks. The first drink of the day is “free”, then -5 points thereafter.

SPECIAL WORKOUTS

112 mile bike ride: must be completed in under 8 hours. +100 points added to your cardio points

26.2 mile run: Must be completed in under 6 hours. +100 points in addition to your running points

2.4 mile swim: must be completed in under 8 hours. +50 points in addition to your cardio points.

42.2k erg. Must be completed in under 6 hours. +100 points in addition to your rowing points.

Burpee challenge week 1: 100 Burpee Challenge. Under 10 minutes: 50 points. Under 12 minutes: 30 points. Over 12 minutes: 10 points. Your chest and thighs must touch the ground at the bottom of each burpee!

Burpee challenge week 2: 110 Burpee challenge. Under 10 minutes: 50 points. Under 12 minutes: 30 points. Over 12 minutes: 10 points. Your chest and thighs must touch the ground at the bottom of each burpee!

Burpee challenge week 3: 120 Burpee Challenge. Under 10 minutes: 50 points. Under 12 minutes: 30 points. Over 12 minutes: 10 points. Your chest and thighs must touch the ground at the bottom of each burpee!

Burpee challenge week 4: 0.5 points per burpee in 10 minutes. Your chest and thighs must touch the ground at the bottom of each burpee!

Hotel Room Workout: 300 squats / 200 sit-ups 100 push-ups / 50 jump squats. 50 points

The Max: 1 Circuit = 25 Squats, 20 Curls | 25 Squats, 20 Lunges | 25 Squats, 20 Overhead Press | 25 Squats, 20 Bent Over Rows

Rules: (25lbs bar [women] / 45lbs bar [men]): Do the reps at a pace so you don't need to take a break. No rest in between exercises, can take short rest between circuits but NEVER PUT THE BAR DOWN. If/when you put the bar down, your Max is over. 20 points per circuit (maximum 60pts or 3 circuits)

The Murph: 1 Mile Run, 100 Pull ups, 200 Push ups, 300 Air squats, 1 Mile Run, 65 points. Add +20pts if completed with a 20lb weighted vest

Thigh Burner Special: Reps: 5-10-15-20-25-20-15-10-5 [pyramid]

Exercises: Lunges, Squats, Jump Squats

Sequence:

5 Lunges (each leg)

5 Squats

5 Jump Squats

10 Lunges (each leg)

10 Squats

10 Jump Squats

15 Lunges

….etc.

(You end back down at 5)

Notes: Rest as needed. No weights. You raise and lower yourself 500 times in this one.

+60 points

BONUS:

The Hunt Bonus: We will use this to input your Hunt Week Bonus. This will be done automatically at the end of The Hunt.

10 Days of Mindfulness: Meditate, journal, reflect, pray, etc. for at least 10 uninterrupted minutes for 10 straight days. Limit 1 per month. Note: Please log 0 points every day to mark progress, and then 100 points on day 10. +100 points

March Fitness triathlon: Completing any three marathon-equivalent events in the month of March (does not have to be on the same day). Must be three different events (e.g., running 3 marathons does not count) +100 points in addition to your workout points and the marathon bonus!

Sally-up challenge: <60 sec. = 0 points

60-90 sec. = 5 points

90-120 sec. = 15 points

120-180 sec. = 25 points

Full Video = 40 points

One-time opportunity. Does not count toward the special workout limit.

Skiing full day: 35 points Note: Does not extend streak, so you need to do another workout on ski days!

Skiing half day: 15 points Note: Does not extend streak, so you need to do another workout on ski days!

Tracy Anderson Arms: See how long you can go - once you rest your arms/put your arms down, your special is over and you can mark your time. One-time opportunity. Does not count toward the special workout limit. Points: 4+ minutes = 20 Points. Full Video= 40 Points

Workout with a friend: If you workout with a friend, partner, colleague, etc. in a way that you normally wouldn’t. +25 points

Streak Bonus: One extra point each day that you maintain a streak. To keep your streak, you must earn at least 10 points per day. Be wary of the Jordy Effect (big workout but a bigger night out)

The Partner Bonus: We will use this to input your The Partner Week Bonus. This will be done automatically at the end of The Partner Week.