



30-DAY HUMON CHALLENGE OVERVIEW

Welcome to the 30-day Humon challenge! The goal of this program is to help you understand how to use the Humon Hex and what the data means. The first workout is a baseline completed without the Hex. Over the course of the 30 days you will use the Hex to guide workouts programmed to help you understand the data and improve your baseline. Finally, you will retest the baseline workout guided by the Hex to compare with week 0. At the end of the program we will be giving away Humon Hexes to athletes with the top score, and most improved baseline. In addition, points will be given for recording your workouts with the Humon app. Absolutely anyone is encouraged to join and we are very excited to participate with you!

BASELINE WORKOUT WEEK 0

Complete the week 0 workout without using the Humon Hex to establish your baseline stats.

A: 1 Max effort wall sit followed by one minute of rest.

B: 5 sets of:

Row 1 minute

Rest 1 minute

C: Max reps of bodyweight back squats

EQUIPMENT

Concept2 rower

Barbell

Plates to load appropriate weight

WORKOUT DESCRIPTION

The goal of this workout is to establish a baseline before participating in the 30-day program. The baseline workout will take approximately 20 minutes to

complete. You will complete this workout **WITHOUT** using the Humon Hex, only using the prescribed rest periods to guide you.

Your score will be determined as

follows:

1 point per second during the wall sit

1 point per calorie during the 5 sets of rowing intervals

1 point per rep of bodyweight back squats

50 points per workout recorded with the Humon app (150 points max)

10 points for sharing a post using the #HumonChallenge (40 points max)

SCORE SUBMISSION

To submit your score for the week 0 baseline workout please use the following link: [Submit Score](#)



EXERCISE DESCRIPTIONS

Max effort wall sit



The wall sit starts with a shoulder width stance and the feet slightly out in front of the knees. Sit with your back pressed against the wall and a 90° angle at the hips and knees. Hold this to exhaustion and make sure to record how many seconds you were able to maintain this position for.

Rowing intervals



For the row, make sure the monitor is set to view calories. Row for 1 minute followed by 1 minute of rest. At the end of the 5 intervals the total number of calories is equal to the number of points for this exercise.

Bodyweight back squat



Load the bar with plates equal to your bodyweight. Complete one set of as many reps as you can until failure. Make sure to record the number of reps you were able to complete before failure.