



30-DAY HUMON FINAL WEEK

Congratulations to everyone who's made it to the final week of the Humon Challenge! The past 4 weeks of workouts have been designed to improve your overall fitness and to strengthen your baseline score. The week 5 workout is a retest to track your progress and will be scored the exact same way as in week 0. The difference, is that you will be using the Humon Hex to prescribe the rest periods in between sets instead of prescribed times. We will also be giving out prizes for the highest baseline score, total points, and most improved baseline.

BASELINE WORKOUT RETEST WEEK 5

Complete the week 5 workout while using the Humon Hex to prescribe your rest periods.

A: 1 Max effort wall sit followed by one minute of rest or until the Humon data recovers back into the green zone. Whichever comes last.

B: 5 sets of:

Row 1 minute

Rest 1 minute

Rest 2 minutes after the last interval or until the Humon data recovers back into the green zone. Whichever comes last.

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 retest the baseline from week 0. The baseline workout will take approximately 20 minutes to complete. You will complete this workout using the Humon Hex 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

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.