

Bulletin  
of the  
Atomic  
Scientists



# ROW'D ROYALTY

## 2020 Workout 4 "10 Minutes To Midnight"

Row As Far As Possible In  
10 Minutes

**SCORE: Total Meters**

### MONITOR INSTRUCTIONS

You **MUST** use the "Single Time" feature, set to 10:00.

- [Select Workout] > [New Workout] > [Single **TIME**]
- Set to 10:00.
- Select "✓"
- Begin Rowing
- Score: **Total Meters Rowed** (Memory Screen)

**RESULTS DUE BEFORE 6:00PM MON, FEB 10th.**

You **MUST** use the "Memory/Date" feature to locate & score your workout! Select the workout and take a picture of the screen. Upload a picture of your screen with each score!

**Team Captains:** Team score does NOT need a photo. Enter each teammate's **DISTANCE** for each workout.

