HYROX WOMEN

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| --- | --- |
| **Workout**  | **Distance - Weight** |
| **SkiErg** | 1000m |
| **Sled Push** | 2x25m - 165 lbs + sled |
| **Sled Pull** | 2x25m - 110 lbs + sled |
| **Burpee Broad Jumps** | 80m |
| **Rowing** | 1000m |
| **Farmer's Carry** | 200m - 2 x 35 lbs |
| **Lunges** | 100m - 22 lbs |
| **Wall Balls** | 75 x with 8.8 lbs |

HYROX MEN

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| --- | --- |
| **Workout** | **Distance - Weight** |
| **SkiErg** | 1000m |
| **Sled Push** | 2x25m - 275 lbs + sled |
| **Sled Pull** | 2x25m - 165 lbs + sled |
| **Burpee Broad Jumps** | 80m |
| **Rowing** | 1000m |
| **Farmer's Carry** | 200m - 2 x 53 lbs |
| **Lunges** | 100m - 45 lbs |
| **Wall Balls** | 100 x with 14 lbs |

HYROX PRO WOMEN

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| --- | --- |
| **SkiErg** | 1000m |
| **Sled Push** | 2x25m - 275 lbs + sled |
| **Sled Pull** | 2x25m - 165 lbs + sled |
| **Broad Jump Burpees** | 80m |
| **Rowing** | 1000m |
| **Farmer's Carry** | 200m - 2 x 53 lbs |
| **Lunges** | 100m - 45 lbs |
| **Wall Balls** | 100 x with 14 lbs |

HYROX PRO MEN

|  |  |
| --- | --- |
| **SkiErg** | 1000m |
| **Sled Push** | 2x25m - 385 lbs + sled |
| **Sled Pull** | 2x25m - 275 lbs + sled |
| **Broad Jump Burpees** | 80m |
| **Rowing** | 1000m |
| **Farmer's Carry** | 200m - 2 x 70 lbs |
| **Lunges** | 100m - 66 lbs |
| **Wall Balls** | 100 x with 20 lbs |