HYROX

THE FITNESS COMPETITION FOR EVERY BODY

START

1 KM RUNNING

1.SKI 1000M

1 KM RUNNING

2. SLED PUSH 50M

1 KM RUNNING

3.SLED PULL 50M

1 KM RUNNING

4.BURPEE BROAD JUMP 80M

1 KM RUNNING

5.ROW 1000M

1 KM RUNNING

6.FARMERS CARRY 200M

1 KM RUNNING

7.100M LUNGES

1 KM RUNNING

8.WALLBALLS 100

FINISH