



sunset
HOUR



21-DAY SPRING
STRENGTH WORKOUT

Get stronger, leaner, and healthier

21-DAY SPRING STRENGTH WORKOUT

DAY 1
EHERENFELD
5 Rounds
1000 M Run
20 Broad
Burpee Jumps
20 Wall Balls

DAY 2 | KANE
16 Min AMRAP
15 Squats
10 Sit ups
5 Walkouts to
Pushup
Every 2 mins do 3
Burpees

DAY 3
WYNWOOD
3 Rounds
1000 M Run
1000 M Row
50 Burpees

DAY 4
20-Minute Yoga
or Pilates

DAY 5 ROBERTS
2 Rounds
200 M Run
20 Squats
200 M Run
20 Burpees
200 M Run
20 Pushups

DAY 6
BRIXTON
10 Rounds
400 M Run
20 Burpees
20 Squats

DAY 7
ACTIVITY
Hiking
Paddleboarding
Running
Bike Riding
Kayaking

DAY 8
20-Minute Yoga
or Pilates

DAY 9
GREEN
5K Run (3 Miles)
10 Rounds:
10 Squats
10 Push Ups
10 Sit Ups
5K Run

DAY 10
WALKER
(Doubles)
100-75-50-25
Cal Row or Ski
SB Lunges
Down Ups

DAY 11
20-Minute Yoga
or Pilates

DAY 12
EVEREST
800m Run
160 Burpees
400m Run
80 Wall Balls
400m Run
40 SB Lunges
800m Run

DAY 13
20-Minute Yoga
or Pilates

DAY 14
ACTIVITY
Hiking
Paddleboarding
Running
Bike Riding
Kayaking

DAY 15
JONES
30 Min AMRAP
400m Run
30 Squats
400m Run
15 Push Ups
400m Run
30 Burpees

DAY 16
CHASE
20, 19, 18, 17,...1
Wall Ball
Calorie Row

DAY 17
20-Minute Yoga
or Pilates

DAY 18
MITCH
5K Run
Every 2 minutes
perform 15 Air
Squats and 10
Push Ups

DAY 19
ZUMA
10 Rounds
40 Secs Squats
40 Secs Burpees
40 Secs Sit Ups

DAY 20
JONES
30 Min AMRAP
400m Run
30 Squats
400m Run
15 Push Ups
400m Run
30 Burpees

Workout combinations by HYROX

*mind and
body strong*

DAY 21
ACTIVITY
Hiking
Paddleboarding
Running
Bike Riding
Kayaking