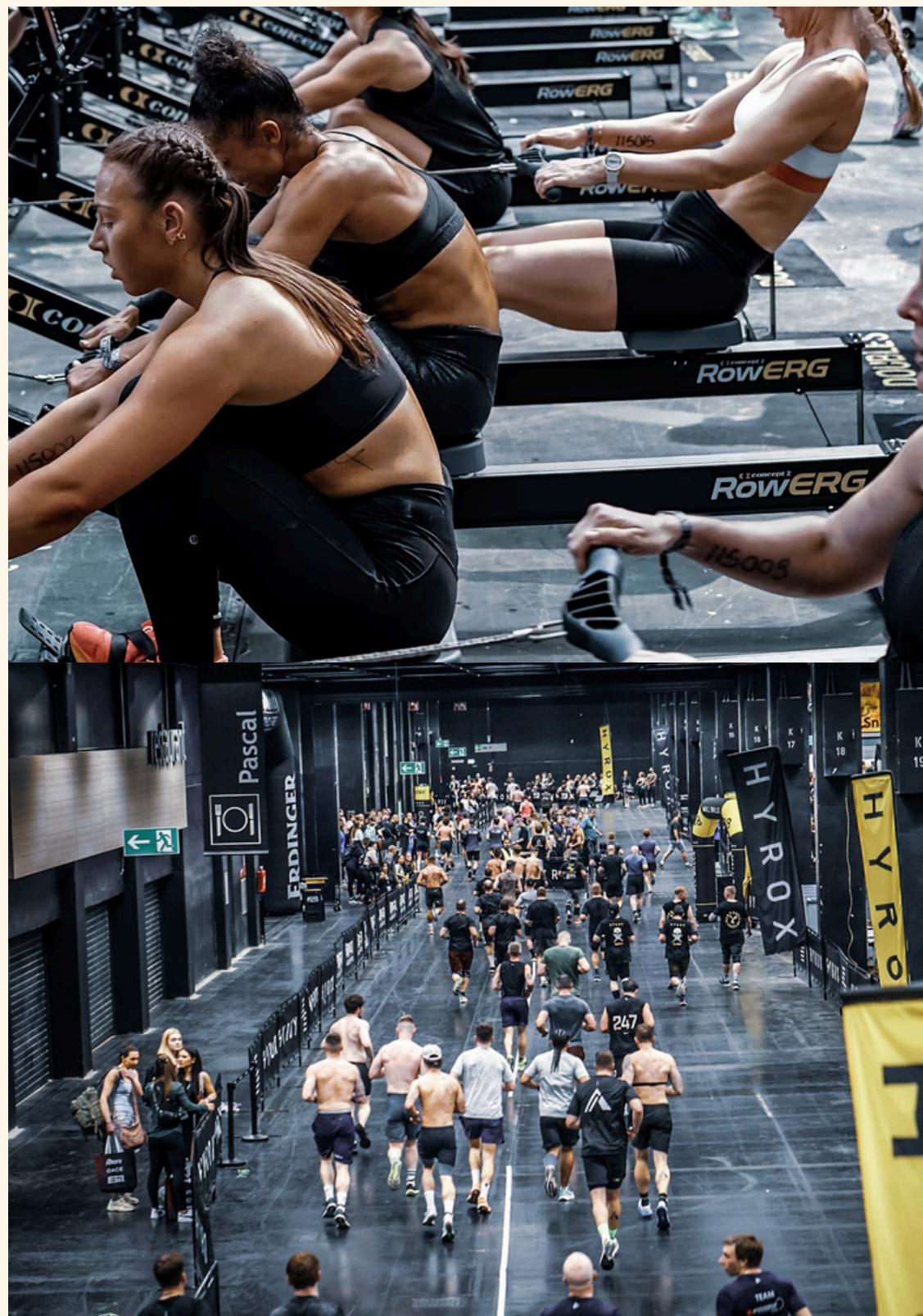


# Orangetheory<sup>®</sup>

## HYROX

**Orangetheory** is teaming up with **HYROX** to bring you a new, **performance-driven training experience.**

We're introducing a structured training program designed to **prepare you for HYROX events**—a global fitness race that includes many of the treadmill, row, and strength elements that you already crush in class!





# What is H Y R O X ?

HYROX is an **indoor fitness race** combining endurance and functional strength. Each event follows a consistent format:

- 1 km run followed by 1 functional workout station
- Repeated eight times (8 x 1 km + 8 stations)

## THE COMPETITION



01

1000 m  
SkiErg



02

50 m  
SLED PUSH



03

50 m  
SLED PULL



05

1000 m  
ROWING



06

200 m  
FARMERS CARRY



07

100 m  
SANDBAG LUNGES



Events are hosted in large, spectator-friendly venues that deliver an **energetic, competitive atmosphere**.

HYROX is **designed for all fitness levels**—from elite athletes to everyday fitness enthusiasts—offering both individual and partner divisions.



04

80 m  
BURPEE BROAD  
JUMPS



08

100 ×  
WALL BALLS

START

1 km RUN

01

1 km RUN

02

1 km RUN

03

1 km RUN

04

1 km RUN

05

1 km RUN

06

1 km RUN

07

1 km RUN

08

FINISH





At OTF Chapel Hill-Timberlyne, we're rolling out curated workouts that blend **HYROX elements** with **Orangetheory's signature programming**. During the progressive 6- or 12-week cycle, you'll work across **four training phases** designed to build endurance, strength, and power for race day.



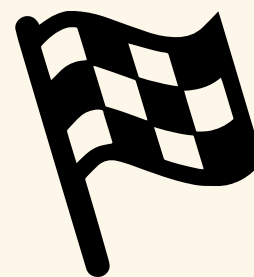
**Phase 1:**  
Aerobic Base Building &  
Movement Quality



**Phase 2:**  
Threshold & Volume



**Phase 3:**  
Power & Speed



**Phase 4:**  
Race Prep



These new workouts will challenge you in new ways, blending HYROX race fundamentals with the OTF elements you love—tread intervals, rowing, strength, and endurance—perfect for HYROX prep or just leveling up your everyday training.

**Sign up for your **Orange**  
**HYROX** class today!**



**H Y R O X**