



HYROX

START

1 KM RUN —
1000M SKIERG —

1 KM RUN —
50M SLED PULL —

1 KM RUN —
1000M ROWING —

1 KM RUN —
100M SANDBAG
LUNGES —

1 KM RUN —
50M SLED PUSH

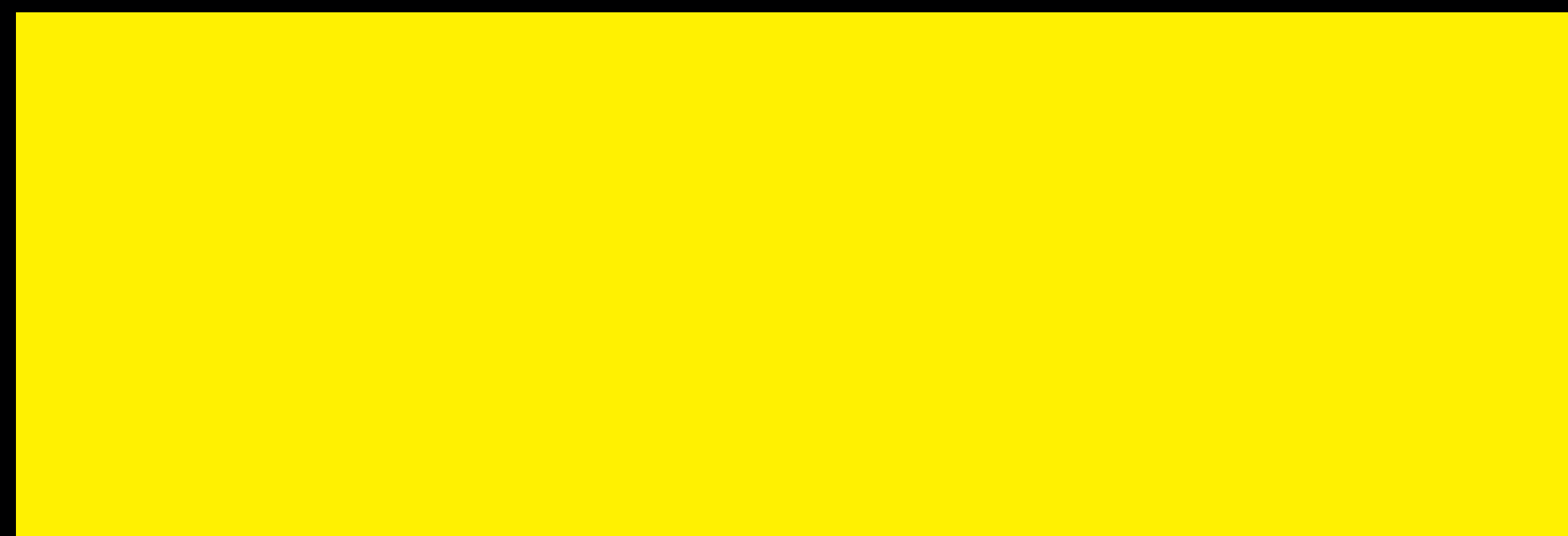
1 KM RUN —
80M BURPEE
BROAD JUMPS

1 KM RUN —
200M FARMERS
CARRY

1 KM RUN —
75 OR 100
WALL BALLS

FINISH

JOIN OUR HYROX CLASS



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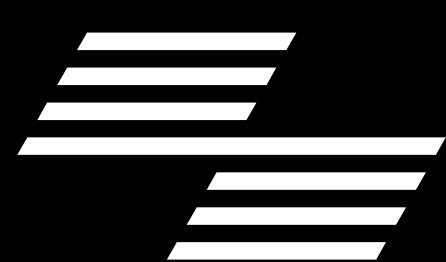


HYROX

NO EXCUSES!

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HYROX

~~TOO WEAK~~

~~TOO SLOW~~

~~TOO EARLY~~

~~TOO TIRED~~

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HYROX

~~TOO WEAK~~

~~TOO SLOW~~

~~TOO EARLY~~

~~TOO TIRED~~

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H Y R O X

BURPEES

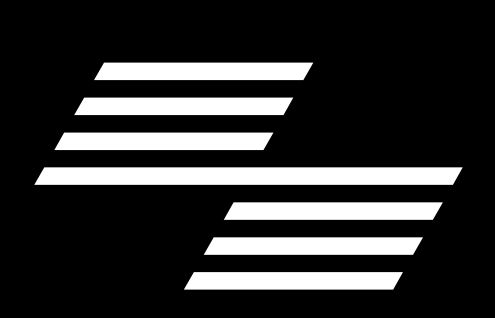
LOVE YOU TOO



JOIN OUR HYROX CLASS



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HYROX

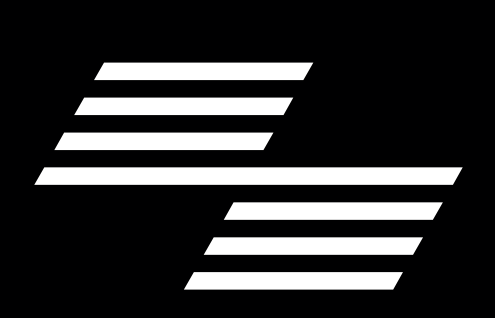
BURPEES

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HYROX

BURPEES

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