



# 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

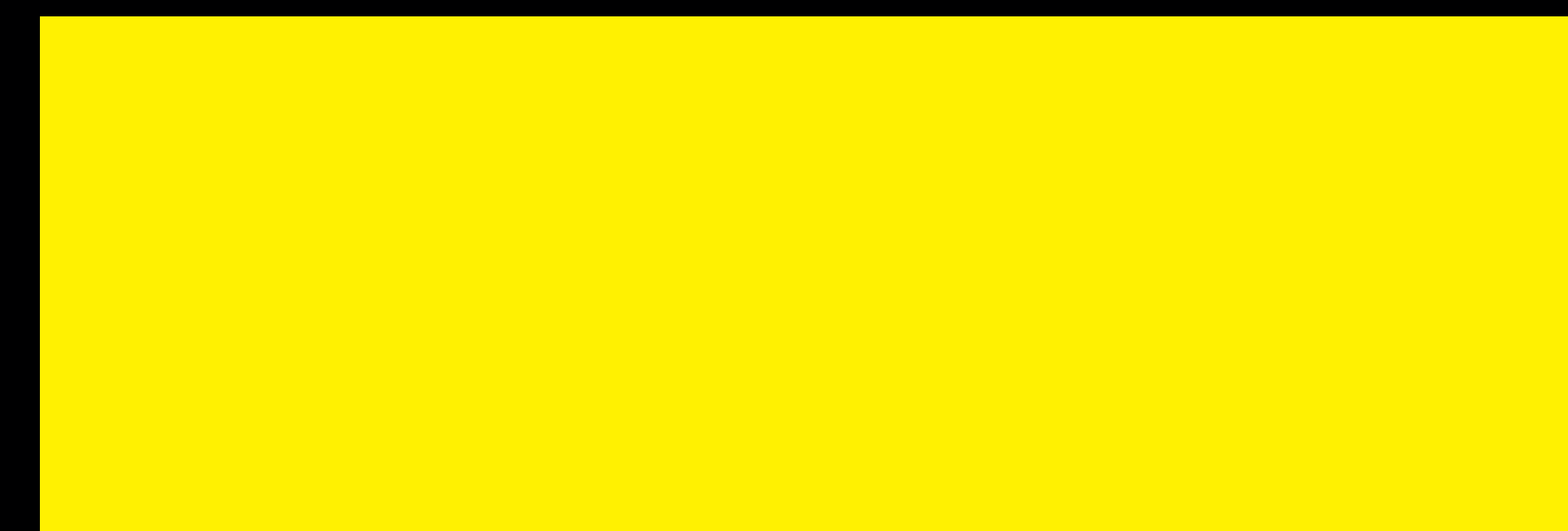
1 KM RUN —  
80M BURPEE  
BROAD JUMPS

1 KM RUN —  
200M FARMERS  
CARRY

1 KM RUN —  
100 WALL BALLS

## FINISH

# JOIN OUR HYROX CLASS



#HYROXWORLD

@HYROXWORLD







HYROX

**NO** EXCUSES!

JOIN OUR HYROX CLASS

#HYROXWORLD @HYROXWORLD







HYROX

~~TOO WEAK~~

~~TOO SLOW~~

~~TOO EARLY~~

~~TOO TIRED~~

JOIN OUR HYROX CLASS

#HYROXWORLD @HYROXWORLD







HYROX

~~TOO WEAK~~

~~TOO SLOW~~

~~TOO EARLY~~

~~TOO TIRED~~

JOIN OUR HYROX CLASS



#HYROXWORLD @HYROXWORLD







H Y R O X

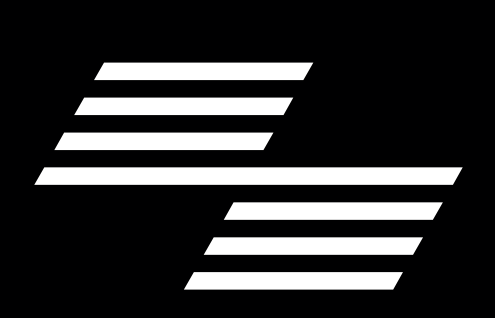
BURPEES

LOVE YOU TOO

---

JOIN OUR HYROX CLASS

#HYROXWORLD @HYROXWORLD







HYROX

BURPEES

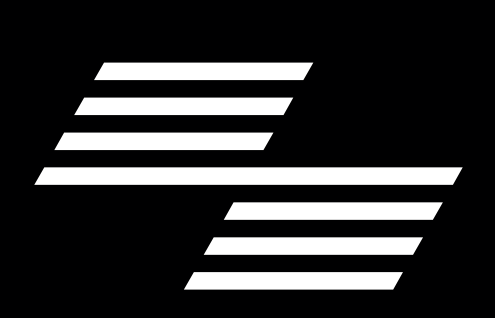
LOVE YOU TOO

---

JOIN OUR HYROX CLASS



#HYROXWORLD @HYROXWORLD







HYROX

BURPEES

LOVE YOU TOO

---

JOIN OUR HYROX CLASS



#HYROXWORLD @HYROXWORLD

