



HYROX Autumn Series

Rules and Procedures

Before the race please ensure:

- you're clear on the correct technique for each exercise, the distances, weights and reps you will be doing. The staff will demonstrate each exercise.
- you're well warmed up. You should arrive at least 15 minutes early to do a warmup and stretch.
- you're feeling fit and well to take part in the Race Day.

The Race

500m Run (Juniors 400m):

Use Quick Start to get going and once 500 metres is complete hit Stop and wait until the belt has finished before stepping off. You can slow down as and when you need walking or running is permitted.

60m Farmers Carry (women 16kg, men 24kg, Juniors 8kg):

Takes place on the balcony where cones mark the 20 metre lap which must be completed 3 times. You can stop, rest and re grip as needed.

500m Ski Erg Level 5 (Juniors 400m):

Quick Start to get going. You can slow down or stop if needed. On completion of 500 metres move to the next station.

20 Burpees (Juniors 10):

Stand with your feet shoulder-width apart. Drop into a squat, bend your knees driving them out slightly past your toes, while bringing your bottom down. Kick your legs back into a high plank position, your body should be in a straight line from shoulders to heels. Lower toward the ground then rise back to a high plank. Return to a squat position and stand up straight.

500m Row Level 5 (Juniors 400m):

Quick Start to get going and on completion of 500 metres move to the next station. You may slow down or stop if needed.

30 Sandbag Lunges (women 10kg, men 20kg, Juniors unweighted):

The sandbag must be carried on your shoulders. Lunges to be done on alternate legs each rep. Your back knee must touch the floor and front leg at 90 degrees. Stop and rest as needed.

500m Run:

As above.

20 Wall Balls (women 4kg, men 6kg, Juniors 10 x 4kg):

With the Ball held at chest height, squat down to 90 degrees, squat up to full extension and throw the ball at the target. The Ball must hit the target and can be caught or allowed to drop to the floor. If dropped to the floor pick up and repeat, if caught squat back down to 90 degrees and repeat.

Good Luck!