



HYROX Winter Series Rules and Procedures

Before the race, please ensure:

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

The Race

600m Row (Juniors 500m):

Quick start to start and must complete 500m before moving to the next station. You may slow down or stop if needed.

24 Burpees (Juniors 12):

Begin in a standing position. Position your feet shoulder-width apart. Drop into a squat, bend your knees, driving them out slightly past your toes while bringing your butt 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 high plank. Return to a squat position, then stand up straight.

200m Farmers Carry (Women 16kg, Men 24kg, Juniors 8kg):

Takes place on the balcony where cones mark the 20 metre lap which must be completed 10 times. You can stop, rest and re grip as needed.

600m Ski Erg (Juniors 500m):

Quick Start to get going. You can slow down or stop if needed. On completion of 600 metres move to the next station.

24 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.

24 Wall Balls (Women 4kg, Men 6kg, Juniors 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. The No Rep policy will be enforced if the squat is not deep enough, or ball doesn't hit the target line. Juniors are to hold weight to chest, squat to 90 degrees and press ball straight out and tap wall in front.

600m Run:

Use quick start to get moving, once distance is complete hit stop wait until belt is finished and step off. You can slow down as and when you need walking or running is permitted.

Good Luck!