

H Y R O X

TRAINING  
MANUAL

THE WORLD SERIES OF FITNESS



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# 1 HYROX

## 1.1 The HYROX Manual

This manual is intended to serve as a guideline for trainers and studios for HYROX training and classes. The focus lays on the explanation, execution and coaching of the 8 HYROX movements.

In this manual we will explore the following topics:

- Rules
- Most common mistakes
- Coaching Cues
- Alternative exercises with limited equipment
- Workouts

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## 1.2 What is HYROX?

HYROX is the first indoor competition that combines 3 different training elements in one unique event: the fitness challenge for EVERY BODY.

The combination of functional strength, high-intensity, and classic endurance components make HYROX not only unique, but also measurable.

HYROX always means competition! For each event, athletes compete in different divisions while doing the same challenge: 8 workouts and 8 x 1000m running.

All levels of fitness experience can compete, from recreational athletes to professional athletes. Everyone gets individual finisher times, and because the set-up is the same worldwide, athletes can compare their times in a global ranking.

### Event times in comparison

Tough Mudder: Ø 3 h  
Marathon: Ø 3 h  
HYROX: Ø 1.5 h

### Training times in comparison

CrossFit WOD: 5 - 30 min.  
HIIT Session: 4 - 8 min.  
HYROX Training Session: 20 - 80 min.

### 1.3 Training Philosophy

There is hardly a motor skill that can be trained with more variance than endurance, which plays a major role in HYROX-TRAINING.

To improve endurance performance, HYROX-TRAINING also includes high-intensity interval training (HIIT). This type of training is characterized by a constant change of stress and recovery and consists of intensive “working” intervals followed by short-term “rest” or “active rest” intervals.

The HIIT stands opposite to the longer endurance efforts in HYROX-TRAINING where loading intensity remains constant throughout the duration. Thus, longer efforts (running, rowing) in the range of 10k are part of HYROX training programs as well.

Strength training in the form of High Intensity Functional Training (HIFT) is also a necessary component of HYROX-TRAINING. Pushing and pulling weighted sleds, carrying heavy weights from A to B, as well as sandbag and kettle bell training should be incorporated into HYROX-TRAINING. In addition, classic strength lifts such as deadlifts, squats, and bench press are important and should be included into the HYROX preparation.

Due to the varying levels of intensity, the cardiovascular system is constantly challenged and is forced to adapt to the changing requirements.

For the well-rounded HYROX-Athlete, maximum oxygen uptake (VO<sub>2</sub>-max), lactate tolerance, a balanced strength/endurance ratio as well as motion efficiency is critical for optimal performance. These four key factors of fitness need to be trained for HYROX.

HYROX TRAINING combines these factors into a unique training method that will challenge the class participants and completely sky rocket their fitness to a whole new level.

In the following manual, HYROX coaches will be provided with tools to coach classes in the style of HYROX.

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## 2 Technique, Common Mistakes and Coaching Cues

### 2.1 Ski Erg

The Ski Erg mainly targets the lats/triceps, shoulder and core muscles. However, when done properly the muscles of the lower body are involved in the movement as well, which makes the Ski Erg a total body exercise.

#### Technique/Execution

- Hip width stance on the rear third of the platform
- Grab both handles, with your arms extended and initiate the movement
- Pull the handles downward and use upper body for support while hinging with a neutral spine, into a quarter squat. Finish the pull with both arms extended alongside the thighs.
- Initiate a new pull by extending the arms back up and driving the handles down.

#### Common Mistakes

- No full extension of the hips, shoulders and arms
- Knees go inwards during the quarter squat (Knee Valgus)
- Athlete is reliant on the arms for pull, and not using lower body
- Round back

#### Coaching Cues

- Full range of motion = complete extension = effective pulling
- Use the upper body and legs to relieve the arms
- Upper body and back remain straight when pulling downwards
- Drive your arms as close to your body as possible when pulling
- Check breathing, pull down = exhale, release = inhale

## 2.2 Sled Push

The Sled Push mainly targets the muscles of the lower body, especially the anterior thigh muscles. In addition, the entire posterior chain and core muscles are involved. Upper body muscles are secondary, as the body creates tension.

### Technique/Execution

- Staggered stance before pushing the sled
- Hold on to handles with your arms bent or extended and initiate the movement
- While pushing the sled, keep tension in core, and if arms are extended - shoulders and arms locked out
- Control Breathing

### Common Mistakes

- Not enough core tension
- No power transmission from legs/core to sled
- Slippery shoes

### Coaching Cues

- Frequently incorporate into training session to get accustomed to movement and technique
- Exhale when pushing
- Explosive start to accumulate speed

## 2.3 Sled Pull

The Sled Pull mainly targets the muscles of the glutes, biceps, and back as well as the entire trunk.

### Technique/Execution

- Exercise has to be executed standing
- Grab the rope with both hands initiate the pull.
- Feet stay within the marked lines

### Common Mistakes

- Not enough core tension
- No hip extension
- No power transmission from hips/core to arms
- Loss of rope tension

### Coaching Cues

- Practise hip extension when pulling
- Long pulls
- Train pull on both sides

## 2.4 Burpee Broad Jump

The Burpee primarily targets the large muscle groups of the chest, back and anterior thigh. In addition, the arm muscles, especially triceps and shoulder muscles, play an important role. When jumping forward, the thigh, calf and glute muscles are crucial.

### Technique/Execution

- Start in an upright standing position
- Place hands close to your feet, jump the feet back into a high plank position. Lower your chest and thighs to the ground
- Then push yourself up back into the plank position and hop both feet forward toward your hands
- Now jump and land with both feet, covering as much distance as possible

### Common Mistakes

- When lowering the body from push-up position to the floor and vice versa: loss of body tension causing hips to droop
- No full hip extension forward jump
- Not landing on entire the entire foot when jumping back from push up position to hands

### Coaching Cues

- Maintain tension and focus on holding a plank when transitioning from and to the push-up position
- Position your legs wider in order to land on your whole foot
- Use momentum from the arms for a more efficient long jump

## 2.5 Rower

Rowing involves the leg muscles, biceps, core and back muscles. During the drive (stroke) the back muscles work as you swing your torso open, and your glutes and hamstrings contract to open the hip. At the finish, the core stabilize the body, and the glutes and quads are contracting. The biceps and many of the back muscles are also working to help keep the upper body straight, which makes rowing a total body exercise.

### Technique/Execution

- While staying in an upright position, grab the handle with your hands and your legs bent
- Initiate the drive/stroke with your legs first, then arms and upper body follow
- Extend your legs completely and pull the handle towards your stomach (below your ribs)
- When the drive is finished prepare for the “catch” with first your arms, then upper body, reversing the drive movement

### Common Mistakes

- Rushed strokes/not creating a full drive: No full extension of the knees
- Pulling too much and too early with arms
- Not maintaining lumbar curve

### Coaching Cues

- Large range of movement = complete knee extension = effective stroke
- Train long strokes with a short “break” to make the stroke more effective
- Use your legs more to relieve arms
- Try to maintain a straight back in every position
- Keep your arms as close to your body as possible on the stroke
- Check breathing, catch = inhale, drive = exhale



## 2.6 Farmers Carry

Farmers Carry primarily targets the upper back muscles (trapezius), the entire core and of course the forearms/hands (grip strength). Lower body is secondary.

### Technique/Execution

- Place one kettle bell each to the right and left of your feet
- Hinge forward with your back straight until your arms reach the handles of the kettle bells
- Then use your legs and straight back (torso tension) to lift the kettle bells
- Keep your lats and core tight and walk

### Common Mistakes

- Upper traps are engaged during the exercise
- Arms are bent
- Arms swing when walking/weight touches your thighs

### Coaching Cues

- Maintain body, especially core, tension
- Arms act as hooks
- Movement only comes from the legs

## 2.7 Sandbag Lunges

The lunge primarily targets the thigh and glute muscles. Because of the weight of the sandbag on the shoulders, the core muscles are also included.

### Technique/Execution

- First, lift up the sandbag without assistance and place it over your shoulders
- Start in an upright standing position
- One leg steps forward and initiates the lunge.
- Lower yourself until your back knee touches the floor
- You can either lunge continuously or stop after each lunge. Lunges have to be alternating
- Your knees and hips must be extended before switching legs

### Common Mistakes

- Unstable front knee
- The rear knee does not touch the floor
- No full hip extension

### Coaching Cues

- When front knee is unstable, start with bodyweight or less deep lunges
- Stop after each lunge to take a “break” and to relax the muscles brief

## 2.8 Wall Balls

Legs and glute muscles are the main muscle groups used in this exercise. However, throwing the med ball up against a target also demands upper body activation, specifically of the shoulder muscles.

### Technique/Execution

- Start in an upright standing position with feet hip width apart
- Approx. one arm length from the wall or rig
- Pick up the ball from the floor, return to an upright position, and then initiate the movement by lowering into a squat
- At the bottom position of the squat, your hips must descend lower than your knees
- When standing back up, use momentum and throw the ball against the target
- Catch the ball afterwards and repeat the movement

### Common Mistakes

- Standing too close or too far from the wall/rig
- When squatting, hip does not descend below parallel
- Knees rotate internally (Knee Valgus)
- Upper body leans forward
- No explosive hip extension (momentum)
- Throwing the ball using arms only

### Coaching Cues

- Find a good position to the wall/rig
- Keep elbows under the ball with the upper body upright
- Drive through the heels when squatting
- Use explosive hip extension to create momentum
- Clever split up of repetitions
- During breaks, pinch ball between body and wall/rig

## 3 HYROX Training

This chapter explains the basics of HYROX training. For gyms and coaches, this should serve as a guideline and starting point from which you build your own classes and program design. Sessions should always include a Warm Up, a workout and a cool down.

### 3.1 Warm Up

The Warm Up should start with a general Warm Up followed by a specific Warm Up that includes all exercises and movements that will be part of the workout. If possible, we recommend that athletes foam roll and/or stretch prior to the warm up, to focus on individual mobility. If the workout includes Strength-focused barbell work, we recommend prefacing with Warm Up sets using lighter weights and higher reps. In general, the Warm Up should take about 10-15 minutes (general Warm Up: approx. 5 minutes; specific Warm Up: approx. 10 minutes).

For the general Warm Up we recommend classic endurance exercises in order to increase the heart rate

**Example:**

Running Drills/Running, Rowing, Jumping Jacks, Rope Skipping

For the specific Warm Up we recommend including movements from the following workout. In addition, the exercises should include lower and upper body, as well as core exercises.

**Example Warm Up:**

500m Row, then

3 Round

10 Lunges (total)

5 Push Ups

10 Sit Ups

5 Burpees

## 3.2 Workout (Methods)

The focus of the workout can either be Work Capacity, Endurance, Strength, or a combination of those. The duration of the session should be 20-40 minutes. In addition we recommend including longer workouts on a regular basis (up to 60 minutes), because the average duration of the HYROX competition is about 90 minutes. Combinations of High-Intensity-Interval, High-Intensity-Functional, strength and conditioning training are the most effective methods to train the all-around HYROX athlete. This can be done with different training methods, outlined and explained in the following chapter

### 3.2.1 EMOM

EMOM = Every Minute On the Minute. A certain amount of repetitions has to be completed within one minute. Once the amount of reps is completed the athlete rests for the remaining time.

**Example:**

EMOM 12

10 Burpees

30 Mountain Climber

E.g. the athlete completes 10 burpees within 40 seconds, then he/she can rest for the remaining 20 seconds. With the start of the next minute the athlete completes 30 mountain climbers and rests for the remaining time until the next minute starts. This will be repeated for the duration of 12 minutes (= EMOM 12). The goal is to complete the reps as fast as possible and to keep rest time consistent.

### 3.2.2 AMRAP

AMRAP = As Many Rounds As Possible. Complete as many rounds as possible in the given time.

**Example:**

20 Min. AMRAP

500m Rudern

20 Squats

20 Pushups

5 Deadlifts

One round consists of all of the above mentioned exercises. Complete the movements one after another with little to no rest for the duration of 20 minutes. Try to find pace that you can maintain throughout the entire time.

### 3.2.3 FOR TIME

This is a timed workout. The athlete has to complete the movements one after another with little to no rest.

**Example:**

For Time  
400m Run  
25m Sled Push  
600m Run  
25m Sled Pull  
800m Run  
50 Lunges

### 3.2.4 INTERVAL

For this method, the training and rest times are given.

**Example:**

5 Rounds  
20 Sec. Burpees  
20 Sec. Mountain Climbers  
20 Sec. Rest

The athlete completes as many burpees as possible for the duration of 20 seconds, followed by as many mountain climbers as possible in 20 seconds, followed by a 20 second rest. After that the next round starts. This will be continued for 5 rounds. Try to complete the reps as fast as possible and to keep the reps count constant.

### 3.2.5 COUNTDOWN

COUNTDOWN = several rounds with increasing and or decreasing numbers of reps

**Example:**

40-30-20-10

Burpees

Mountain Climber

Lunges

In round 1 the athlete completes 40 Burpees, 40 Mountain Climbers and 40 Lunges. In the second round the athlete completes 30 Burpees, 30 Mountain Climbers and 30 Lunges and so on. Try to find a steady pace that you can keep for the duration of the workout.

### 3.2.6 STRENGTH

Strength sessions consist of one or more strength parts and (as necessary) one endurance part. These parts are marked with a), b), c) and separate parts. The athlete has to complete part a) before he/she starts with part b) and so on

**Example:**

a) STRENGTH

5x 10 Benchpress, then

5x10 Deadlift, then

5x 10 Squat

b) 10x 500m Run @75%

3 Min. Rest between Intervals

The athlete completes part a) which consists of 5 rounds of 10 reps Benchpress, followed by 5 rounds of 10 reps Deadlifts and so on.

Once part a) is completed the athlete starts with part b) (10 x 500 m Run) at 75% of the athlete's running intensity.

## 4 Substitute Exercises

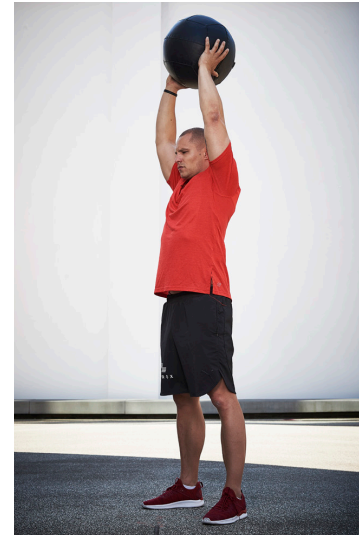
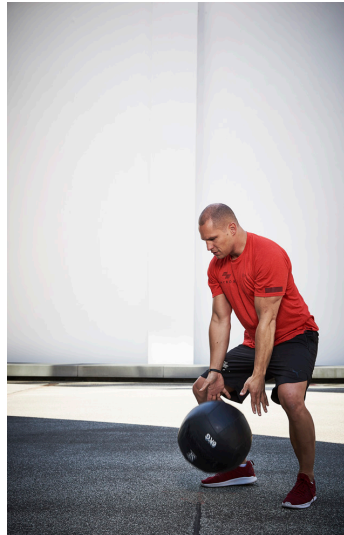
For each HYROX exercise, there are several substitute exercises if the necessary equipment is not available. These exercises do not replace the original exercises, but target the same muscle groups and energy systems.

### 4.1 SkiErg

**Substitute Exercise:** Slam Balls

**Execution:** Feet are shoulder width apart, raise the ball with both hands over head, so that knees, hips and arms are fully extended. (optional: go on your tiptoes for even more power). Then initiate the movement with your hip (butt back and down) and arms and “slam” the ball in front of your feet into the ground. As you slam the ball into the ground, follow up into a deep squat (hip crease below the knees), pick the ball up repeat the movement.

**Recommended Duration:** 90 – 120 seconds



### 4.2 Sled Push

**Substitute Exercise 1:** Wall Sprint

**Execution:** Position your hands on a wall in front of your shoulders with your arms straight. Step back until your body is at approximately a 45-degree angle. Now lift and lower your legs alternating as quickly as you can while maintaining your body angle and core tension.

**Recommended Duration:** 30 - 60 seconds

**Substitute Exercise 2:** As a substitute for the sled, a similar object can be used. On smooth ground you can either push a [weight] plate, a plyo-box or any other pushable object. Leaning forward with your upper body, a tight core and locked out shoulders are essential.

**Recommended Duration:** 60 - 120 seconds





### 4.3 Sled Pull

#### Substitute Exercise 1: Tug of War

**Execution:** The rope should be parallel to the ground. The athlete should pull the rope in a standing position, with the use of his/her legs, hips and arms. This exercise can be done with a partner or alone with fixed rope (e.g. on a rig). In addition the rope can be tied to a heavy kettle bell or sandbag.

**Recommended Duration:** 60 – 120 seconds

#### Substitute Exercise 2: Sandbag-, Plate-, Object-Pull

**Execution:** If there is no rope available, a similar object can be pulled (e.g. sandbag, plate, or any other object). The athlete is in a push up position and the object is in front of his/her hand. The athlete then pulls the object with one hand towards him/her. Then the athlete walks backwards (on all fours) and pulls again with the other arm. A tight core and a full range of motion on the pull are essential.

**Recommended Duration:** 60 – 120 seconds



### 4.4 Burpee Broad Jump



#### Substitute Exercise: Burpee Box Jump

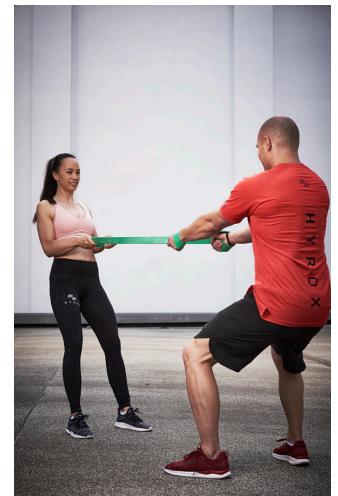
**Execution:** See 2.4 Technique/Execution of Burpee (Broad Jump), followed by a box jump, landing on both feet.

**Recommended Duration:** 120 - 140 seconds

## 4.5 Rowing

**Substitute Exercise:** Squat Row with Band

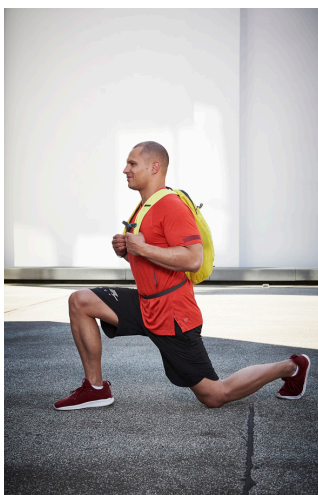
**Execution:** Attach a resistance band approx. chest height to a rig or use a partner. Stand with your feet shoulder width apart, the band should have tension. Now move into a squat while maintaining tension on the band, as you stand back up pull the band toward the body until your elbows are bent. Recommended Duration: 120-240 Sekunden



## 4.6 Farmers Carry

**Substitute Exercise:** Weighted Carry

**Execution:** Instead of using kettlebells any other object with similar weights works. This can be water bottles, backpacks, suitcases etc. Recommended Duration: The objects can either be carried for certain distance or for a certain duration.



## 4.7 Sandbag Lunges

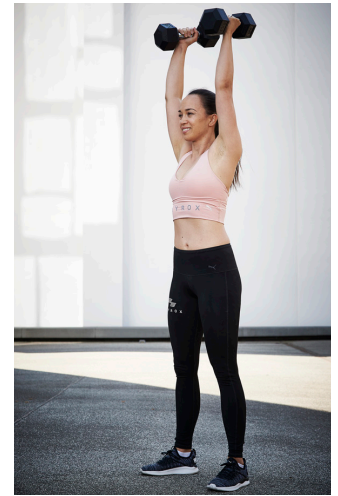
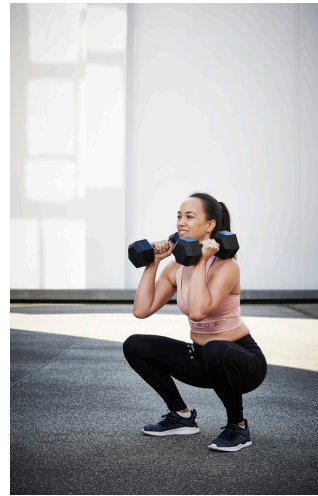
**Substitute Exercise 1:** Weighted Lunge

**Execution:** Instead of using a sandbag you can use dumbbells, kettlebells or any object (e.g. backpack, weighted vest) with similar weight.

## 4.8 Wall Balls

**Substitute Exercise:** Weighted Thrusters

**Execution:** A thruster combines a squat with an overhead press. You can use dumbbells, kettlebells or any other object (e.g. water bottles) with similar weight. Position your feet shoulder width apart, start with the weight slightly above your shoulders, or at your chest, mimicking the movement of the wall ball station. Ensure the elbows are in front of your body at all times. Initiate the movement by doing a squat. At the bottom position of the squat, your hips must descend lower than your knee. When standing back up, use momentum and press the weight overhead. Bring the weight back down and repeat the movement.



## 4.9 Running

**Substitute Exercise:** Endurance

**Execution:** If there is no room for running it can be replaced with any other endurance exercise. We recommend rowing, burpees, box jumps, rope skipping or high knees. However, when you substitute running with any of the mentioned exercises, estimate your run time and replace it with the exercise.

**Example:**

For Time  
400m Run  
25m Sled Push  
600m Run  
25m Sled Pull  
800m Run  
50 Lunges

If the athlete completes a 400 m run within 1:50 min, replace the running with 1:50 of burpees or rope skipping. The running times should be estimated prior so they can be replaced accordingly.

## 5 HYROX Workouts

We divided the workouts into bodyweight and equipment.

Some workouts have several parts, marked with.. a), b), c), etc. The athlete has to complete part a) before he/she starts with part b) and so on.

### 5.1 Bodyweight

#### **“George”**

FOR TIME

1000m Run

then

5 Rounds of

20 Squats

20 Burpees

20 Situps

20 Pushups

then

1000m Run

#### **“Legend”**

5 Rounds FOR TIME

20 Burpees

500m Run

#### **“Carey”**

FOR TIME

5K Run\*

\*Every 5 Min. perform:

10 Burpees

10 Plank Push Ups

10 Lunges (total)

#### **“Santana”**

10 x 400m Run (as fast as possible)

3 Min. Rest between each Run

**“Wonder”**

FOR TIME

10k Run

then,

50 Burpees

**“Shaggy”**

INTERVALL

10 Rounds

30 Sec. Shuttle Sprints

30 Sec. Rest

**“Houston”**

COUNTDOWN

10-9-8-7-6-5-4-3-2-1

Walkout to Push-Up

Sit Ups

Burpees

**“Domino”**

FOR TIME

5 Minute Run, then

50 Squats

5 Minute Run, then

50 Burpees

5 Minute Run, then

50 Push-Ups

5 Minute Run, then

50 Sit Ups

**“Rose”**

4 x 400 m Run

2 Min. Rest between each Run

2 x 800 m Run

4 Min. Rest between each Run

1 x 1600 m Run

**“Osbourne”**

FOR TIME

400 m Run  
20 Burpees  
400 m Run  
20 Burpees  
20 Squats  
400 m Run  
20 Burpees  
20 Squats  
20 Pushups  
400 m Run  
20 Burpees  
20 Squats  
20 Pushups  
20 Lunges  
400 m Run  
20 Burpees  
20 Squats  
20 Pushups  
20 Lunges  
20 Situps

**“John”**

a) EMOM 5  
8-10 Burpee Broad Jumps

b) EMOM 5  
20 Lunges (total)

c) EMOM 5  
20 Mountain Climber

d) EMOM 5  
15 Jumping Squats

**“Bono”**

FOR TIME

1000 m Run  
25 m Inchworm  
1000 m Run

**“Clapton”**

5 Rounds FOR TIME

200 m Run

10 Wallwalks

10 Push Ups

**“Combs”**

FOR TIME

60 Squats

400 m Run

40 Squats

800 m Run

20 Squats

1600 m Run

**“Withers”**

COUNTDOWN

10-9-8-7-6-5-4-3-2-1

Burpees\*

\*100m Sprint between sets

**“Spears”**

3000 m Run\*

\*Every 2 Min. perform: 20 Lunges

**“Iglesias”**

20 Rounds FOR TIME

100 m Sprint

100 m Jog

**“Mitchell”**

FOR TIME

800 m Run

100 Squats

800 m Run

100 Burpees

800 m Run

100 Lunges (total)

**“Petty”**

5 Rds FOR TIME  
400 m Run  
50 Squats  
25 Bodyweight Row

**“Bennigton”**

FOR TIME  
Run 2000 m  
100 Pushups  
200 Squats  
Run 2000 m

**“Bega”**

FOR TIME  
50 Walking Lunges (total)  
1000 m Run  
50 Walking Lunges  
1000 m Run  
50 Walking Lunges  
1000 m Run  
50 Walking Lunges  
1000 m Run

**5.2 Equipment**

**“Cash”**

a) 20 Min. AMRAP  
400 m Run  
15 Burpees  
20 Weighted Lunges (total) @2 x KB/DB

5 Min. Rest

b) 20 min AMRAP  
1000 m Row  
15 Wallballs  
20 Kettle Bell Swings



**“Marley”**

a) STRENGTH

5 x 10 Benchpress, then

5 x 10 Deadlift, then

5x 10 Squat

b) 10 x 500 m Run@ 75%

3 Min. Rest between Intervals

**“Manson”**

FOR TIME

400 m Run

25 m Sled Push

600 m Run

25 m Sled Pull

800 m Run

50 Lunges (total)

1000 m Run

50cal Row

800 m Run

30cal Ski Erg

600 m Run

30 Burpees

400 m Run

**“Turner”**

a) STRENGTH

4 Rounds

30 Sec Kettlebell Farmers Carry @as heavy as possible

30 Sec. Rest

then

4 Rounds

1-5 Strict Pull Ups / Klimmzüge

30 Sec. Rest

b) 30 Min. AMRAP

400 m Run

25 Wallballs

400 m Run

25m Sled Push

400 m Run

25 Wallballs

**“Sting”**

COUNTDOWN

50-40-30-20-10

Row for cal

Burpees

Lunges (total)

**“Winehouse”**

a) STRENGTH

5 x 25 m Sled Push

1:30 Rest between sets, then

b) STRENGTH

5 x 25 m Sled Pull

1:30 Rest between sets

(2) 5 Rounds

INTERVALL

1 Min. Wall Balls

30 Sec. Rest

1 Min. Burpee Broad Jump

30 Sec. Rest

1 Min. Row for Calories

30 Sec. Rest

1 Min. 10m Shuttle Run

30 Sec. Rest

**“Starr”**

FOR TIME

1600 m Run

30 Burpees

1200 m Run

30 Weighted Lunges (total) @2x KB/DB

800 m Run

30 Goblet Squats with Kettlebell

400 m Run

30 Wall Balls

**“Timberlake”**

a) STRENGTH

5 x 8 Benchpress, then

5 x 8 Deadlift, then

5 x 8 Squat

b) FOR TIME

10 Runden

250 m Row

25 m Burpee Broad Jump

25 Situps

**“Slash”**

a) STRENGTH

5 Rounds

1 Min. Farmers carry @as heavy as possible

1 Min. Rest

b) STRENGTH

5 Rounds

4-8 Strict Pullups

30 Sec. Rest

c) 15 Min AMRAP

400 m Row or Ski Erg

25 m Sled Pull

Rest 3 Minutes, then

c) 15 Min AMRAP

400 m Row or Ski Erg

25 Wallballs