

## 115 HYROX workouts

These workouts are designed to push HYROX athletes to their limits, improve their performance across all HYROX-specific movements, and introduce complementary exercises that enhance overall fitness, strength, and endurance. Each workout is crafted to challenge athletes in unique ways, ensuring they remain engaged and continuously improve.

1. 5 rounds Run 400m + 20 Wall ball + 15 Burpees
2. AMRAP 20 Row 500m + 30 KB swings + 20 Push-ups
3. 6 rounds 20m Sled Pull + Ski Erg 250m + 15 Burpees
4. EMOM 15 1st minute Ski Erg 200m + 2nd minute 15 Box jumps
5. For time Run 2000m + 100 Squats + 50 Pull-ups (Timecap 25 mins)
6. 10 rounds Row 250m + 20 Sandbag lunges + 15 DB thrusters
7. 7 rounds Run 200m + 20m Sled Pull + 20 Push-ups
8. AMRAP 18 Run 400m + 25 Wall ball + 10 Toes-to-bar
9. 4 rounds Ski Erg 400m + 40 Push-ups + 30 Box jumps
10. For time Run 1500m + 65 Burpees + Row 60 cal (Timecap 25 mins)
11. EMOM 20 1st minute Run 250m + 2nd minute 20 KB swings + 3rd minute 15 Sit-ups
12. 3 rounds Run 800m + 50 Squats + 40 Sit-ups + Ski 30 cal
13. 6 rounds Ski Erg 250m + 20 Wall ball + 15 Burpees
14. AMRAP 16 Row 250m + 15 Sandbag cleans + 30 Double-unders
15. For time Run 3000m + 200m Farmers carry + 100 Push-ups (Timecap 30 mins)
16. 7 rounds Row 250m + 20 Box jumps + 10 KB snatch/arm
17. EMOM 12 1st minute Ski Erg 15 cal + 2nd minute 10 Sandbag front squats
18. 3 rounds Run 800m + 30 DB walking lunges + 15 Pull-ups + 10 Wall walks
19. AMRAP 25 Ski Erg 500m + 25 Burpees + Row 20 cal + 15 KB goblet squats
20. 5 rounds 25m Sled Push + 20 Burpees + Run 400m
21. For time Run 1000m + 50 Wall ball + 40 Box jumps + 30 Push-ups (Timecap 20 mins)

22. 8 rounds Row 300m + 25 Squats + 20 Sit-ups + 15 Pull-ups
23. EMOM 24 1st minute Ski Erg 150m + 2nd minute 15 Burpees + 3rd minute 20 Walking lunges
24. 4 rounds Run 800m + 30 KB swings + 20 Toes-to-Bar + 10 Sandbag squats
25. AMRAP 24 Row 400m + 15 Box jumps + 30 Double-unders + Ski Erg 15 cal
26. For time Ski Erg 2000m + 100 Squats + 50 Push-ups (Timecap 20 mins)
27. 9 rounds Run 200m + 20 Sandbag lunges + 15 Wall ball + 10 Burpees
28. EMOM 30 1st minute Row 200m + 2nd minute 50m Farmers carry + 3rd minute 15 Burpees
29. 3 rounds Run 800m + 40 Box jumps + Row 30 cal + 20 Alternating DB snatch
30. AMRAP 30 Ski Erg 300m + 25 Squats + 30m Sled push + 15 Hand-release push-ups
31. For time Run 1000m + 150m Farmers carry + 75 Push-ups + Run 1000m (Timecap 20 mins)
32. 10 rounds Row 200m + 10 Burpees + 10 Pull-ups
33. EMOM 10 1st minute Ski Erg 12 cal + 2nd minute 15 Wall ball
34. 5 rounds 30 Wall ball + Run 400m + 20m Sled pull
35. For time Ski Erg 1000m + 50m Sled Pull + Run 1000m + 50m Sled pull (Timecap 25 mins)
36. AMRAP 20 Row 500m + 15 Burpee box jumps + 10 Hand-release Push-ups
37. For time Ski Erg 1000m + 80 Walking lunges + 60 Push-ups + Run 1000m (Timecap 20 mins)
38. 5 rounds Run 400m + 25m Sled Push
39. 7 rounds Run 300m + 20 DB walking lunges + Row 15 cal + 10 Wall ball
40. EMOM 18 1st minute Row 200m + 2nd minute 15 Burpees + 3rd minute 10 Alternating pistol squats
41. 4 rounds Ski Erg 250m + 25 Push-ups + 20 Box jumps + Row 25 cal
42. AMRAP 20 100m Farmers carry + Row 500m + 20 Wall ball + Run 400m
43. For time Run 2500m + 200 Squats + 100 Push-ups + Run 2500m (Timecap 40 mins)
44. 8 rounds Ski Erg 150m + 20 Burpees + 10 KB snatch/arm
45. EMOM 16 1st minute Row 12 cal + 2nd minute 20 Sandbag walking lunges
46. 3 rounds 25 DB thrusters + Run 800m + 30 Wall ball + Ski Erg 250m
47. AMRAP 12 Ski Erg 300m + 15 Burpees

48. 6 rounds 25mm Sled Push + 20 KB swings + Ski Erg 200m
49. For time Row 1500m + 75 Squats + 50 Push-ups + 25 Box jump overs (Timecap 20 mins)
50. 9 rounds Run 200m + 50m Farmers carry
51. E2MOM 20 Ski Erg 150m + 10 Burpee pull-ups
52. 3 rounds Run 1000m + 50 Box jumps + Row 40 cal + 30 DB walking lunges
53. AMRAP 30 Run 400m + Row 300m + Ski Erg 200m + 10m Farmers carry
54. For time Ski Erg 1000m + 100 Walking lunges + 50 Push-ups + Run 1000m (Timecap 22 mins)
55. 7 rounds Run 300m + 25 Squats + 20 Push-ups + Row 15 cal
56. 3 rounds Ski Erg 400m + 50m Sled Pull + 25 Burpee broad jumps
57. AMRAP 18 25m Sled Push + 10 Pull-ups + 15 Hand-release push-ups
58. E3MOM 21 Row 250m + 15 Burpees + 15 KB swings
59. 3 rounds Ski Erg 500m + 40 Wall ball + 30 Push-ups
60. AMRAP 18 Run 400m + Row 25 cal
61. For time Row 2000 + 50 Burpees + Run 1000m + 100 Squats (Timecap 30 mins)
62. 6 rounds Ski Erg 200m + 20 Sandbag lunges + 10 Pull-ups
63. E4MOM 24 Run 400m + 20 KB swings + 15 Box jumps
64. 4 rounds Run 1000m + 25 Push-ups + 25 Wall ball
65. For time Run 800m + 50m Sled pull + 100 Squats + 50m Sled pull (Timecap 25 mins)
66. AMRAP 18 Ski Erg 250m + 25 Wall ball + 15 Burpees
67. For time Run 1500m + 75 Squats + 50m Sled push (Timecap 20 mins)
68. 8 rounds Row 250m + 20 Burpees + 10 DB push press
69. E2MOM 20 Ski Erg 20 cal + 15 Sandbag front squats
70. 5 rounds Run 800m + 20 KB swings + 15 DB thrusters
71. AMRAP 30 Row 50 cal + Ski Erg 25 cal + 35 Push-ups
72. For time Run 1000m + 200m Farmers carry + 100 Wall ball + Run 1000m (Timecap 25 mins)
73. 3 rounds Run 500m + 20 Burpees + Row 500m + 30 Wall ball
74. AMRAP 24 150m Farmers carry + Ski Erg 150m

75. 4 rounds Run 800m + 25m Sled push + 40 Squats + 25m Sled pull
76. AMRAP 25 Run 300m + Row 200m + Ski Erg 100m
77. For time Run 3000m + 150m Farmers carry + 75 KB swings (Timecap 25 mins)
78. 10 rounds Ski Erg 150m + 15 Burpees + 10 KB snatch/arm
79. EMOM 18 1st minute Row 200m + 2nd minute 12 Burpee broad jumps + 3rd minute Run 300m
80. 5 rounds Run 600m + 25 KB swings + Ski Erg 20 cal
81. AMRAP 20 Ski Erg 500m + 45 Squats + 20 Hand-release push-ups
82. For time Row 1000m + 50 Wall ball + 40 Burpees + Run 1000m (Timecap 20 mins)
83. 10 rounds Run 200m + 10 Burpee pull-ups
84. AMRAP 30 50m Sled Pull + Row 500m + 30 Squats
85. E5MOM 25 Row 250m + 30m Sled push
86. 3 rounds Run 1000m + 40 Walking lunges + Row 30 cal
87. AMRAP 28 Row 600m + 30 Burpees + Ski Erg 20 cal
88. For time Run 2000m + 100 Walking lunges + 50 Sit-ups (Timecap 24 mins)
89. 5 rounds Ski Erg 250m + 30 Squats + 10 Handstand push-ups
90. EMOM 10 Run 200m + 1 Rope climb
91. 6 rounds Run 500m + 25 Wall ball + 10 Pull-ups
92. AMRAP 25 Ski Erg 300m + 15 Box jumps + 15 Burpees
93. 4 rounds 250m Row + 30m Sled Pull + 25 KB swings
94. For time Run 1000m + 2x[50m Sandbag lunges + 100m Farmers carry + Burpee broad jumps] + Run 1000m (Timecap 45 mins)
95. For time Run 1000m + 45 Burpees + Run 1000m + 150m Farmers carry
96. E3MOM 21 Run 250m + 25 Wall ball
97. EMOM 16 1st minute 20m Sled push + 2nd minute 15 Hand-release push-ups
98. For time Run 1000m + 8x[3 Pull-ups + 5 Sit-ups + 7 Squats] + Row 1000m
99. 4 rounds Ski Erg 300m + 25 Push-ups + 20 Walking lunges
100. 10 rounds Run 300m + 15 Burpees

101. 3 rounds Run 800m + Ski Erg 600m + 40 Wall ball
102. E2MOM 14 Row 200m + 10 Hand-release push-ups
103. For time Row 1500m + 50m Sled Push + 80 Squats (Timecap 20 mins)
104. 5 rounds Run 700m + 20 DB thrusters + 10 Pull-ups
105. AMRAP 22 Row 400m + 25 Wall ball + 20 Burpees
106. For time Ski Erg 1000m + 100 Squats + 50 Sit-ups + Run 1000m (Timecap 20 mins)
107. AMRAP 30 40m Sled Push + Run 400m
108. 6 rounds Run 500m + 30 KB swings + 20 Pull-ups
109. E3MOM 24 Run 600m + 25 Wall ball
110. For max distance Ski Erg 4 minutes + Rest 3 minutes + Row 4 minutes
111. AMRAP 20 30m Sled pull + 15 Burpees
112. For time Run 2000m + 80 Burpees + Run 1000m + 60 Wall ball + Run 500m
113. E2MOM 20 30m Sled Push + 20 Alternating DB snatch
114. For time 100 Squats + Run 1000m + 200m Farmers carry + Row 1000m + 100 Squats
115. 4 rounds Run 800m + 100m Farmers carry