

Open Gym Hyrox Strength Endurance Sessions

1. Hyrox Strength / Grip

5 Rounds:

15 BB Front Squat
25 Wall Balls
2 Min Rest

5 Rounds:

8 Deadlift
12 SA DB Row
2 Min Rest

Finisher

5 Min KB Hold Hyrox Weight

*when drop pause clock and do 5 HRPUs

2. Strength & Sleds

Back Squat
Warm up sets of 10
Working Sets 8 / 6 / 4 / 2

5 Min Sled Push AMRAP Hyrox Weight

Deadlift
Warm up sets of 12
Working Sets 10 / 8 / 6 / 4

5 Min Sled Pull AMRAP Hyrox Weight

DB Renegade Row 5x10e

3. Strength Endurance

5 Rounds at 6/10
400m Ski
400m Row
5min Rest / Stretch

5 Rounds:

10 Explosive Push Up
20m BBJ
20m Walking Lunge (BW)
40m Walking Lunges (Hyrox Weight)
1min Rest

3min Rest

5 Rounds:

20 Fast Step Ups Each
20m Sled Push
10 Goblet Squat
25 Wall Balls
1min Rest

4. Strength Endurance

15 Min Warm Up AMRAP - Slow and controlled
100m Farmers Carry
20 Reverse Lunges
10 HRPUs
5 Broad Jumps

5 Rounds:

50m Walking Lunge - 10kg heavier than Hyrox
10 Broad Jumps
90sec Rest

5 Rounds:

30m Sled Pull
15 DB BOR
90sec Rest

5 Rounds:

15 BB Push Press
30 Arms Only Wall Balls

3 Rounds:

Max hanging L-sit Hold (1:1 work:rest)