

OVERVIEW HYROX COMPETITION DIVISIONS

DIVISION/ WORKOUT	SKI ERGOMETER	50 m SLED PUSH	50 m SLED PULL	BURPEE BROAD JUMPS	ROWING	200 m FARMERS CARRY	100 m SANDBAG LUNGES	WALL BALLS
SINGLE								
Women Open	1000 m	102 kg*	78 kg*	80 m	1000 m	2 x 16 kg	10 kg	100 reps / 4 kg
Women Pro	1000 m	152 kg*	103 kg*	80 m	1000 m	2 x 24 kg	20 kg	100 reps / 6 kg
Men open	1000 m	152 kg*	103 kg*	80 m	1000 m	2 x 24 kg	20 kg	100 reps / 6 kg
Men Pro	1000 m	202 kg*	153 kg*	80 m	1000 m	2 x 32 kg	30 kg	100 reps / 9 kg
DOUBLE								
Women Open	1000 m	102 kg*	78 kg*	80 m	1000 m	2 x 16 kg	10 kg	100 reps / 4 kg
Women Pro	1000 m	152 kg*	103 kg*	80 m	1000 m	2 x 24 kg	20 kg	100 reps / 6 kg
Men open	1000 m	152 kg*	103 kg*	80 m	1000 m	2 x 24 kg	20 kg	100 reps / 6 kg
Men Pro	1000 m	202 kg*	153 kg*	80 m	1000 m	2 x 32 kg	30 kg	100 reps / 9 kg
Mixed	1000 m	152 kg*	103 kg*	80 m	1000 m	2 x 24 kg	20 kg	100 reps / 6 kg
RELAY								
Women	1000 m	102 kg*	78 kg*	80 m	1000 m	2 x 16 kg	10 kg	100 reps / 4 kg
Men	1000 m	152 kg*	103 kg*	80 m	1000 m	2 x 24 kg	20 kg	100 reps / 6 kg
Mixed	1000 m	102 kg / * 152 kg **	78 kg / * 103 kg **	80 m	1000 m	2 x 16 kg / 2 x 24 kg **	10 kg / 20 kg **	100 reps / 4 kg 100 reps / 6 kg **

* Total weight including sled

** Each station is organized with the appropriate weights for the respective performing gender