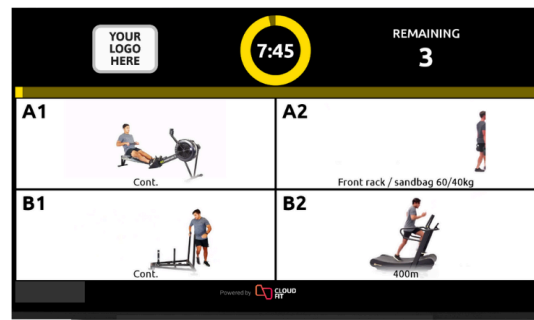


HYROX.

HYROX WORKOUTS

Prebuilt group training workouts purposefully designed by dedicated HYROX Athlete + Coach Thomas Strettle. Built to develop the everyday athlete in preparation for when the World Series Of Fitness Racing comes to a city near you.

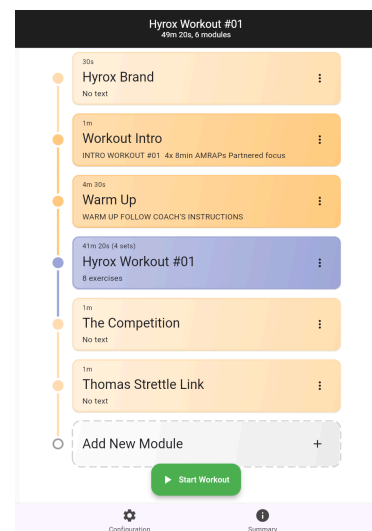


(sample image only)

Timeline

55 - 60 mins

30 sec	HYROX + 'Your Logo'	Digital Whiteboard
1 min	Workout Details	Flexi Whiteboard
4 min 30 sec	Warm Up	Flow Module
35 - 50 min	The Workout	Flexi Exercises
1 min	The Competition	Digital Whiteboard
1 min	Thomas Strettle Link	Digital Whiteboard



*Approximate timings. Some timings adjust slightly with each workout template. Adjust further to suit your needs.

HYROX WORKOUTS

Additional Links

[Hyrox Workout 01](#)

[Hyrox Workout 02](#)

[Hyrox Workout 03](#)

[Hyrox Workout 04](#)

[Hyrox Workout 05](#)

[Hyrox Workout 06](#)

[Hyrox Workout 07](#)

[Hyrox Workout 08](#)

[Hyrox Workout 09](#)

[Hyrox Workout 10](#)

[Hyrox Workout 11](#)

[Hyrox Workout 12](#)

HYROX

[Hyrox Website](#)

[Hyrox Race Weights](#)

[Upcoming Races](#)

THOMAS STRETTLE

Programming

[The Hybrid X Academy](#)

Instagram

[@thomasstrettlecoaching](#)

Please note:

- These workouts will need a minimum of 2 displays (TVs) in order to be properly displayed. For best layout aesthetics we recommend 3-5 display TVs for these workouts.
- You may want to adjust the 'Exercise Display Mode' in the Flexi-Exercises Module from 'automatic' to 'manual' to arrange exercises for best display for your floor plan.
- Designed for group training for 12 persons with a minimum equipment requirement of 2x each; sleds, rower, bike, skierg, runner/treadmill, wall balls, kettlebells, sandbags. Feel free to substitute any equipment (or exercises) as required based on preference or availability.
- With 3x of each equipment you can run with 20+ persons or more. And so on with 4x each equipment to allow for more participants etc.
- The display image attached is only a sample of many layout options that can be displayed. CloudFit's customizable nature allows you to create your own set up in a way that suits your specific layout best.
- Upload your own background images and logos if required
- Drag, reorder or replace exercises to suit your layout
- Copy, rename, edit and save to your account.
- Use as best suited for your business.