

HYROX SCHOOL



Der Fitnesswettkampf für die Schule Hyrox School **Regular Division**

Start

400m RUN

Workout 1

400m RUN

Workout 2

400m RUN

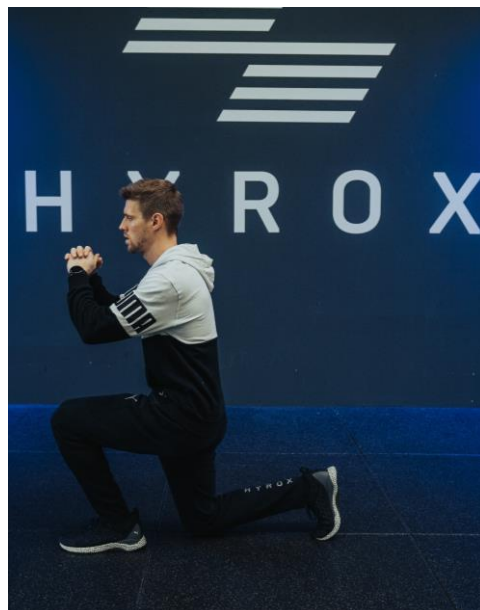
Workout 3

400m RUN

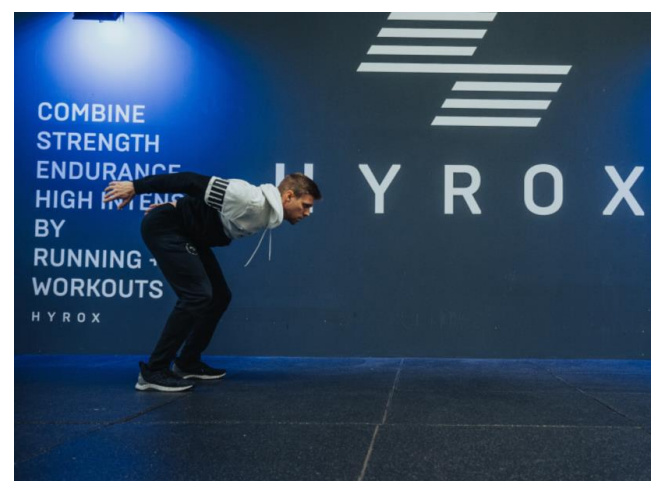
Workout 4

Finish

Workout 1:
10m Lunges



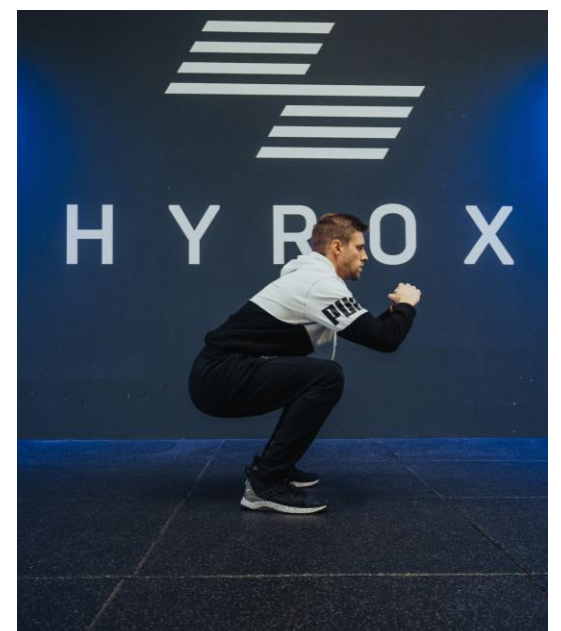
Workout 2: 10m
Burpee Broad Jumps



Workout 3: 30
Jumping Jacks



Workout 4:
20 Squats



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Hyrox School Regular Division

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10m Lunges



400m RUN

Workout 2: 10m
Burpee Broad Jumps

Workout 2



400m RUN

Workout 3: 30
Jumping Jacks

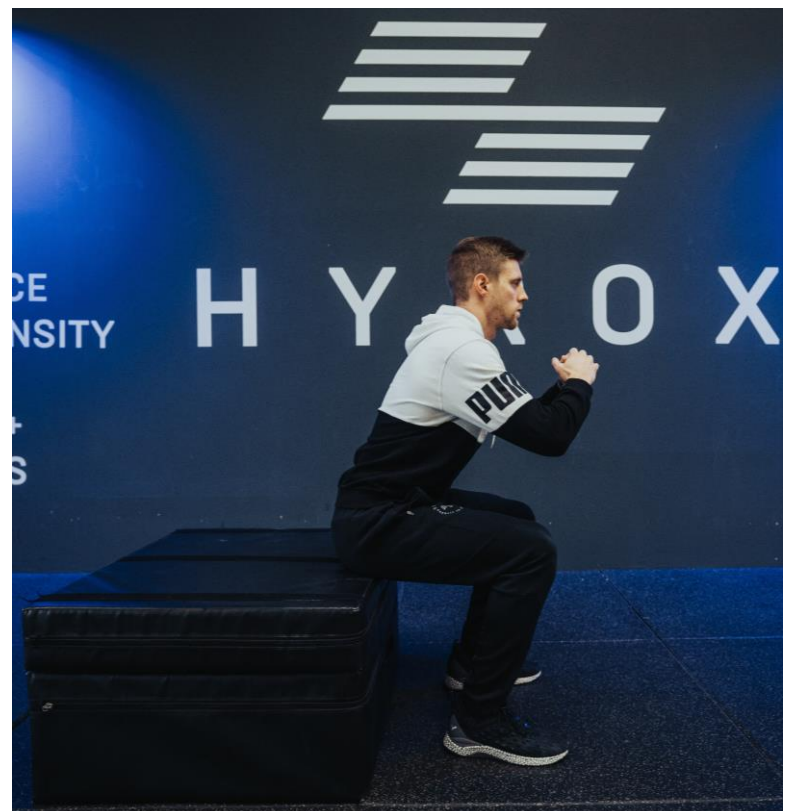
Workout 3



400m RUN

Workout 4:
20 Squatsitdowns

Workout 4



Finish