

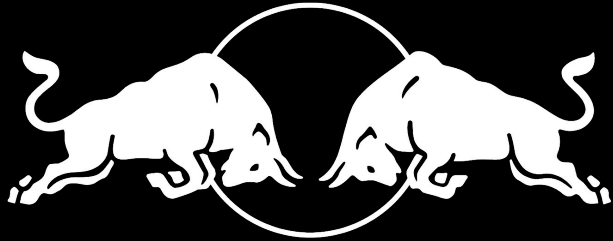
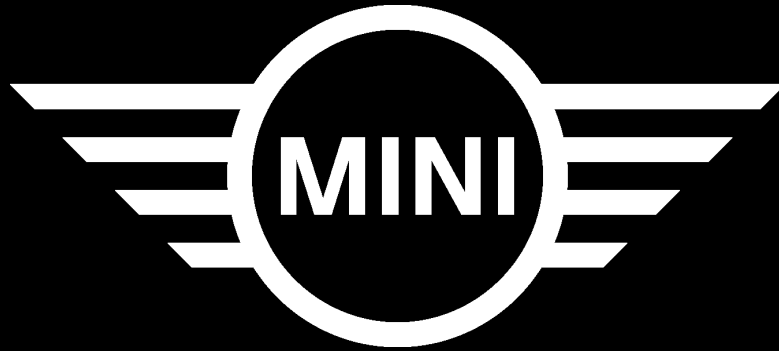
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GYM TOUR 2025

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PARTNERS



Red Bull

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OVERVIEW

Welcome to the HYROX Gym Tour! This is a fantastic opportunity to promote HYROX across South Africa as we gear up for HYROX Johannesburg on 1 March 2025. The tour will take place on various dates from 6 January 2025 to 22 February 2025 and we want you to be involved.

Please select a date or dates the work best for your facility - weekdays or weekends are both acceptable. Kindly confirm your chosen date(s) by 16 December at 4pm so that we can coordinate with partners and confirm their participation at your activation.

The HYROX Gym Tour allows your members and non-members to experience HYROX firsthand in preparation for any future HYROX event, specifically HYROX Johannesburg.

The workout during the tour will be standardised across South Africa enabling athletes to compare their performance on a leaderboard. Whenever possible, our partners, staff, and ambassadors will attend as part of the nationwide HYROX Gym Tour. We will do our best to visit as many HYROX facilities as possible throughout the tour.

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HOW IT WORKS

When	Pick a date(s) between 06 January 2025 to 22 February 2025 via THIS FORM
Where	Your gym facility.
Workout	A 32min workout where point are earned at each station, contributing to your overall score on the leaderboard (see next slide).
Heats	Heats start every 7 minutes
Scores	Add the total metres rowed, lunged, carried and run, along with the number of wall balls, to calculate your final score. Remember to divide the rowing and running distances by 10 before adding them.
Results	Each gym owner should submit all total scores through THIS FORM
Leaderboard	This leaderboard will get updated weekly as gyms complete the challenge.
Divisions	It can be done as individuals or pairs - please indicate when submitting results.
Tier	Please indicate which tier you competed in when submitting results.
Standards	Please ensure athletes adhere to movement standards - we rely on your honesty

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5 x 5 HYROX WORKOUT

Exercise	Tier 1	Tier 2	Tier 3
5min Rowing	-	-	-
2min rest			
5min lunges	2 x 16kg KB / DB	2 x 12kg KB / DB	2 x 8kg KB / DB
2min rest			
5min Running	-	-	-
2min rest			
5min Farmers Carry	2 x 24kg KB	2 x 16kg KB	2 x 8kg KB
2min rest			
5min Wall Balls	9kg / 20lb	6kg / 14lb	4kg / 10lb

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5 x 5 HYROX WORKOUT EXPLAINED

Exercise	Explanation
2min rest	Rest and prepare for the next station
5min Rowing	Row as far as you can in 5min - give final distance in metres divided by 10
5min lunges	Lunge as far as you can in 5min - give final distance in metres
5min Running	Run as far as you can in 5min - give final distance in metres divided by 10
5min Farmers Carry	Farmers Carry as far as you can in 5min - give final distance in metres
5min Wall Balls	Do as many wall balls as possible in 5min - give final answer in reps
Calculation	Add the total number of metres and reps to give you a total score
Results	Please ensure results are submitted via THIS FORM

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PRIOR TO EVENT CHECK LIST

1.	Ensure that you've signed up via the Google Form to confirm your interest in the HYROX Gym Tour
2.	You can determine whether you charge members / non-members.
3.	If necessary - schedule a call with HYROX SA to understand everything (BOOK HERE).
4.	Confirm partner attendance with HYROX SA (roxy@hyroxsa.com).
5.	Confirm whether HYROX SA will supply branding for the activation.
5.	Ensure you understand the workout and the scoring system.
6.	Ensure you have all the necessary equipment and heats throughout the activation.
7,	Hashtag #HYROXGymTour #HYROXWorkout #5x5byHYROX
8.	Please reach out if you have any questions

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EVENT DAY SCHEDULE (Draft)

Time	What
08:15 - 08:30	Check in
08:30 - 08:45	Workout explainer
08:45 - 09:00	Warm up
09:00	First heat start
09:07	Second heat start
09:14 - 11:00	Heats set off every 7 minutes
11:00	Cool down / banter / Red Bull
11:15	Q&A with HYROX Ambassador or HYROX Partner

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