

HYROX WEIGHT SELECTION GUIDE

How to use this guide

CHOOSE LEVEL

NEW TO HYROX

OPEN

PRO

+

FOLLOW TIMELINE

Week 1-6 (Foundation)

Week 7-12 (Progression)

+

CHALLENGE YOURSELF

Gradually increase weights to build strength and endurance.

		NEW TO HYROX	OPEN	PRO
 SLED PUSH WEIGHTED	WEEK 1-6	Men: 110lb / 50kg + sled Women: 25lb / 10kg + sled	Men: 165lb / 75kg + sled Women: 55lb/25kg + sled	Men: 265lb / 120kg + sled Women: 165lb / 75kg + sled
	WEEK 7-12	Men: 220lb / 100kg + sled Women: 110lb / 50kg + sled		Men: 330lb / 150kg + sled Women: 220lb / 100kg + sled
 SLED PULL WEIGHTED	WEEK 1-6	Men: 45lb / 20kg + sled Women: Unweighted sled	Men: 65lb / 30kg + sled Women: 25lb / 10kg + sled	Men: 175lb / 80kg + sled Women: 90lb / 40kg + sled
	WEEK 7-12	Men: 110lb / 50kg + sled Women: 65lb / 30kg + sled		Men: 220lb / 100kg + sled Women: 110lb / 50kg + sled
 FARMER'S CARRY PER KETTLEBELL	WEEK 1-6	Men: 35lb / 16kg Women: 25lb / 10kg	Men: 45lb / 20kg Women: 25lb / 12kg	Men: 60lb / 28kg Women: 45lb / 20kg
	WEEK 7-12	Men: 55lb / 24kg Women: 35lb / 16kg		Men: 70lb / 32kg Women: 55lb / 24kg
 SANDBAG LUNGE	WEEK 1-6	Men: 25lb / 12kg Women: 15lb / 6kg	Men: 35lb / 15kg Women: 15lb / 8kg	Men: 55lb / 25kg Women: 35lb / 15kg
	WEEK 7-12	Men: 45lb / 20kg Women: 25lb / 10kg		Men: 65lb / 30kg Women: 45lb / 20kg
 WALL BALLS	WEEK 1-6	Men: 9lb / 4kg Women: 5lb / 2kg	Men: 11lb / 5kg Women: 7lb / 3kg	Men: 16lb / 7kg Women: 11lb / 5kg
	WEEK 7-12	Men: 13lb / 6kg Women: 9lb / 4kg		Men: 20lb / 9kg Women: 13lb / 6kg



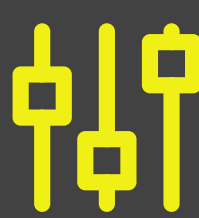
These weights are for HYROX race exercises only.



If the recommended weight isn't challenging you, go heavier.



If the weight is too challenging, drop it incrementally.



For arms-only sled pulls, drop the weight by half and adjust.



Sled weights are excluding the weight of the sled itself.