The 8 HYROX Workout Stations

Station	Exercise	Distance / Reps	Critical Movement Standard & Rules
1	**SkiErg**	1,000/500 meters	Your feet cannot leave the platform floor until the monitor reads 1,000m/500m and the judge confirmed completion
2	**Sled Push**	4 x 12.5/ 2 x 12.5 meters	You **must remain forward-facing** and push the sled forward; pulling backward or dragging it is strictly forbidden. The entire sled must clear the line before turning.
3	**Sled Pull**	4 x 12.5/ 2 x 12.5 meters	You must stand completely within the designated box; **sitting or kneeling is prohibited**. You cannot step on or over the solid front boundary line.
4	**Burpee Broad Jump**	80 meters/ 40 meters	Burpees must be done in the direction of the track. New rule update allows a minor **staggered foot stance up to 5 cm** when launching into the broad jump.
5	**Rowing**	1,000 meters/ 500 meters	You must secure your feet and **remain seated** until the full 1,000m/500m distance registers on the monitor and the judge confirms completion.
6	**Farmers Carry**	200 meters/ 100 meters	You must carry both kettlebells simultaneously with your arms fully extended at your sides. Dropping them to rest is fine, but they cannot be dragged or rolled.
7	**Sandbag Lunges**	100 meters/ 50 meters	The sandbag must stay balanced on both shoulders. The trailing knee **must clearly touch the floor** on every rep, and hips/knees must lock out fully at the top. *Dropping the bag incurs a 15-second penalty each time.*
8	**Wall Balls**	100 reps/ 50 reps	Every repetition requires a full squat with **hips dropping below the knees**. The ball must cleanly strike the designated physical target zone; "no-reps" do not count toward your total.

Station	Exercise	Women's Open	Men's Open
1	**SkiErg**	*No weight* (1,000m)	*No weight* (1,000m)
2	**Sled Push**	**102 kg** *(incl. sled)*	**152 kg** *(incl. sled)*
3	**Sled Pull**	**78 kg** *(incl. sled)*	**103 kg** *(incl. sled)*
4	**Burpee Broad Jump**	*Bodyweight* (80m)	*Bodyweight* (80m)
5	**Rowing**	*No weight* (1,000m)	*No weight* (1,000m)
6	**Farmers Carry**	**2 x 16 kg** kettlebells	**2 x 24 kg** kettlebells
7	**Sandbag Lunges**	**10 kg** sandbag	**20 kg** sandbag
8	**Wall Balls**	**4 kg** ball *(2.70m target)*	**6 kg** ball *(3.00m target)*