



# METABOLIC HELL

## HYROX EDITION



**50 HYROX CONDITIONING STYLE WORKOUTS**

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1000m Run Buy-in

Part A

5 Rounds:

500m Run

250m Ski

20m Burpee Broad Jump

Rest 3 Mins

Part B

5 Rounds:

500m Run

250m Row

20m Walking Lunge (Hyrox weight)

1000m Run Cash-out

# **WORKOUT**

## **1**





AMRAP 40:  
400m Run  
400m Row  
400m Ski  
20m Farmers Carry  
10m Burpee Broad Jump  
10m Sled Push @ Comp Weight

400m Run  
400m Row  
400m Ski  
40m Farmers Carry  
20m Burpee Broad Jump  
20m Sled Push @ Comp Weight

Continue this format for 40 mins, but each round add 20m to the farmers carry and 10m to the burpee broad jump and sled push.

## ***WORKOUT*** **2**





21 Cal Assault Bike  
25m Sled Pull @ 50% Competition weight  
15 Cal Assault Bike  
25m Sled Pull @ 50% Competition weight  
9 Cal Assault Bike  
25m Sled Pull @ 50% Competition weight

Rest 3 Mins

Repeat

## ***WORKOUT***

### **3**







AMRAP 18:  
300m Row  
300m Ski  
10-12-14-16...  
Wall Balls  
Burpees

\*row and ski always stays at 300 - add 2 reps  
to wall balls and burpees each round and keep  
adding reps until you hit 18 mins

-----  
Rest 3 Mins  
-----

AMRAP 18:  
300m Row  
300m Ski  
100m Farmers Carry  
50m Bodyweight Walking Lunge  
\*all reps stay the same on this one\*

## **WORKOUT** **4**





3 Mins Row  
2 Min Ski  
1 Min Bodyweight Squats  
Rest 1 Min  
x 3

3 Min Ski  
2 Min Row  
1 Min Bodyweight Walking Lunges  
Rest 1 Min  
x 3

## ***WORKOUT*** **5**





AMRAP 20:  
600m Run  
10 Burpees  
15 Wall Balls (Hyrox weight)  
20m Walking Lunge (Hyrox weight)

## ***WORKOUT*** **6**





In 6 Mins:  
500m Row  
AMRAP

50m Farmers Carry at competition weight  
25m Sandbag lunge at competition weight

Rest 2 Mins

In 6 Mins:  
500m Ski  
AMRAP

20m Burpee Broad Jump  
15 Butterfly Sit-ups

Rest 2 Mins

x 3

# **WORKOUT** **7**







EMOM 50:  
1- 230m Ski  
2- 6 Burpee Box Jumps  
3- 230m Row  
4- 20 Wall Balls  
5- Rest

# ***WORKOUT***

## **8**





In 4 Mins:  
250m Row  
250m Ski  
Max Wall Balls

Rest 2 Mins

In 4 Mins:  
250m Row  
250m Ski  
Max Burpees

Rest 2 Mins

x 3

# ***WORKOUT***

## **9**





8 Rounds:

**\*ODD ROUNDS\***

500m Row

500m Ski

20m Burpee Broad Jump

**\*EVEN ROUNDS\***

500m Row

500m Ski

50m Farmers Carry

# **WORKOUT**

## **10**





EMOM 32:

Min 0-2 - 400m Run

Min 2-4 - 400m Ski

Min 4-6 - 50m Burpee Broad Jump

Min 6-8 - 50m Walking Lunge

Rest 2 Mins

EMOM 32:

Min 0-2 - 400m Run

Min 2-4 - 400m Row

Min 4-6 - 100m Farmers Carry

Min 6-8 - 40 Wall Balls

## **WORKOUT** **11**







3 Rounds:  
1000m Run  
1000m Row  
50 Wall Balls

3 Rounds  
1000m Run  
1000m Ski  
40m Burpee Broad Jump

## ***WORKOUT*** **12**





In 3 Mins  
25 Cal Row  
Max Cal Ski  
Rest 2 Mins

## **WORKOUT 13**

Complete as many rounds as needed until you  
hit 200 Cal Ski  
\*8 Round Cap





250m Run  
100m Farmers Carry  
250m Run  
40m Walking Lunge  
500m Run  
50m Farmers carry  
500m Run  
20m Walking Lunge  
1000m Run  
25m Farmers carry  
1000m Run  
10m Walking Lunge

All weights for carry and lunge are Hyrox weights

## **WORKOUT** **14**







In 10 Mins:  
500m Run  
50m Sled Push  
Max Distance Ski

Rest 2 Mins

In 10 Mins:  
500m Run  
50m Sled Pull  
Max Distance Row

Rest 2 Mins

In 10 Mins:  
500m Run  
100m Farmers Carry  
Max Distance Ski

Rest 2 Mins

In 10 Mins:  
500m Run  
50 Cal Assault Bike  
Max Distance Row

# **WORKOUT**

## **15**







300m Row

75m Sled Push @ 50% Hyrox Weight

50 Cal C2 Bike

75m Sled Push @ 50% Hyrox Weight

300m Row

Rest 3 Mins

300m Row

50m Sled Push @ 75% Hyrox Weight

50 Cal C2 Bike

50m Sled Push @ 75% Hyrox Weight

300m Row

Rest 3 Mins

300m Row

25m Sled Push @ 100% Hyrox Weight

50 Cal C2 Bike

25m Sled Push @ 100% Hyrox Weight

300m Row

## **WORKOUT**

# **16**





In 8 Mins  
500m Run  
500m Ski  
Max Sled Push @ Hyrox Weight

Rest 2 Mins:

In 8 Mins:  
500m Run  
500m Row  
Max Burpee Broad Jumps

Rest 2 Mins

x 2 (40 Mins)

## ***WORKOUT*** **17**





Every 10 Mins For 40 mins:

30 Cal Row Buy-in

- Then -

8-10-12

Burpees Over Rows

Wall Balls

- Then -

30 Cal Row Cash-out

## **WORKOUT 18**







For Time:  
1000m Row  
20 Wall Balls  
20 Sandbag Lunges  
800m Row  
20 Wall Balls  
20 Sandbag Lunges  
600m Row  
20 Wall Balls  
20 Sandbag Lunges  
400m Row  
20 Wall Balls  
20 Sandbag Lunges  
200m Row  
20 Wall Balls  
20 Sandbag Lunges

## **WORKOUT 19**







## **WORKOUT 20**

AMRAP 30:  
1000m Run  
500m Ski  
25m Sled Push @ Hyrox Weight  
1000m Run  
500m Row  
100m Farmers Carry @ Hyrox Weight

AMRAP 30:  
1000m Run  
20 Cal Assault Bike  
20m Burpee Broad Jump  
1000m Run  
20 Cal Assault Bike  
20 Box Jumps





EMOM 7:  
40s Assault Bike

Rest 3 Mins

AMRAP 7:  
250m Ski  
20 Wall Balls

Rest 3 Mins

EMOM 7:  
40s Assault Bike

Rest 3 Mins

AMRAP 7:  
250m Row  
10m Burpee Broad Jump

## **WORKOUT 21**





AMRAP 40:

500m Run

1000m Ski

500m Run

50m Sled Push @ Hyrox Weight

500m Run

50m Sled Pull @ Hyrox Weight

500m Run

80m Burpee Broad Jump

## **WORKOUT 22**







In 10 Mins:  
1000m Row  
50m Sled Push @ Hyrox Weight  
Max Farmers Carry In Remaining Time

Rest 2 Mins

EMOM 10:  
1- 60s Max Assault Bike  
2- Rest

Rest 2 Mins

In 10 Mins:  
1000m Ski  
100m Walking Lunge @ Hyrox Weight  
Max Burpee broad Jumps In Remaining Time

Rest 2 Mins

EMOM 10:  
1- 60s Max Assault Bike  
2- Rest

Rest 2 Mins

In 10 Mins:  
1000m Row  
1000m Ski  
Max Wall Balls In Remaining Time

# WORKOUT 23







For Time:

Ski Intervals

30s on // 30s off

Continue this until you hit 2000m ski

Rest 3 Mins

Row Intervals

30s on // 30s off

Continue this until you hit 2000m Row

# **WORKOUT 24**





## 1000m Run Buy-in

### Part A

5 Rounds:

500m Run

500m Ski

25m Sled Pull @ Hyrox Weight

25m Burpee Broad Jump

Rest 3 Mins

### Part B

5 Rounds:

500m Run

500m Row

25m Sled Push @ Hyrox Weight

25m Walking Lunge @ Hyrox Weight

1000m Run Cash-out

# **WORKOUT 25**







40 Min AMRAP:

400m Run

400m Ski

400m Run

Rest 60s

400m Run

20m Burpee Broad Jump

400m Run

Rest 60s

400m Run

25 Wall Balls

400m Run

Rest 60s

## **WORKOUT 26**





EMOM 10:  
1- 30s Ski Hard  
2- 30s Burpee Box Jumps

EMOM 10:  
1- 30s Row Hard  
2- 30s Wall Balls

## **WORKOUT 27**







60 Min AMRAP

1000m Run  
1000m Row  
1000m Ski

## **WORKOUT 28**





In 60s:  
15m Burpee broad Jump  
Max Calorie Assault Bike  
Rest 3 Mins  
x 5

There is a lot of rest here, so you need to work very hard In the 60s work period

## **WORKOUT 29**





50 Min AMRAP

800m Run  
30 Cal Row  
30 Wall Balls  
800m Run  
30 Cal Ski  
30 Burpees

**WORKOUT**  
**30**







500m Row  
25m Sled Push @ Hyrox Weight  
500m Row

Rest 2 mins

500m Row  
25m Burpee Broad Jump  
500m Row

Rest 2 Mins

x 3 Sets

## ***WORKOUT*** **31**







1000m Run

1000m Row  
50 Burpees

1000m Run

1000m Ski  
75 Air Squats

1000m Run

1000m Row  
100 Wall Balls

1000m Run

1000m Ski  
125m Farmers Carry @ Hyrox Weight

1000m Run

## ***WORKOUT*** **32**





## **WORKOUT**

# **33**

2 Rounds:

1000m Run

1000m Ski

25m Sled Push @ Hyrox Weight

25m Burpee Broad Jump

Rest 3 Mins

2 Rounds:

1000m Run

100 Wall Balls

25m Sled Pull @ Hyrox Weight

50m Sandbag Lunges @ Hyrox Weight

Rest 3 Mins

2 Round:

1000m Run

1000m Ski

25m Sled Push @ Hyrox Weight

25m Burpee Broad Jump





5 Rounds:  
400m Row  
20 Wall Balls

5 Rounds:  
400m Ski  
15m Burpee Broad Jump

## ***WORKOUT*** **34**







2000m Run

EMOM 20

1- 250m Row

2- 16-20 Sandbag Reverse Lunge

3- Max Burpees

4- Rest

2000m Run

EMOM 20

1- 250m Ski

2- 16-20 Sandbag Forward Lunges

3- AMRAP Farmers Carry

4- Rest

2000m Run

## **WORKOUT 35**







AMRAP 18  
500m Run  
250m Ski  
25m Sled Push @ Race Weight  
25 Wall Balls

Rest 4 Mins

AMRAP 18  
500m Run  
250m Row  
25m Burpee Broad Jump  
50m Farmers Carry

Rest 4 Mins

AMRAP 18  
500m Run  
250m Ski  
25m Sled Pull @ Race Weight  
25m Sandbag Lunges

## **WORKOUT**

# **36**





400m Run  
25m Burpee Broad Jump  
400m Run  
50 Sled Push @ race weight  
400m Run  
100m Farmers Carry @ race weight

## ***WORKOUT*** **37**





In 10 Mins:  
500m Run  
500m Row  
500m Run

Easy Cycle (ideally C2 Bike) @ Recovery Pace  
In Remaining Time

In 10 Mins:  
500m Run  
500m Ski  
500m Run

Easy Cycle (ideally C2 Bike) @ Recovery Pace  
In Remaining Time

## **WORKOUT** **38**







5 Rounds For Time:  
10 Burpee Box Jumps @ 24"  
20 Wall Balls  
300m Row

## ***WORKOUT*** **39**





In 10 Mins:  
1000m Run  
800m Row  
Max Wall Balls

Rest 2 Mins

In 10 Mins:  
1000m Run  
800m Ski  
Max Walking Lunges @ Race Weight

Rest 2 Mins

In 10 Mins:  
1000m Run  
800m Row  
Max Burpee Broad Jumps

Rest 2 Mins

In 10 Mins:  
1000m Run  
800m Ski  
Max Farmers Carry @ Race Weight

Rest 2 Mins

In 10 Mins:  
1000m Run  
800m Row  
Max Sled Pull @ Race Weight

Rest 2 Mins

In 10 Mins:  
1000m Run  
800m Row  
Max Sled Push @ Race Weight

# WORKOUT 40





In 5:30  
500m Ski  
500m Row  
Max Wall Balls In Remaining Time

Rest 1:30  
x 4

## ***WORKOUT*** **41**







In 10 Mins  
1000m Run  
AMRAP In Remaining Time:  
200m Row  
10m Burpee Broad Jumps  
Rest 2 Mins  
x 3

In 10 Mins  
1000m Run  
AMRAP In Remaining Time:  
200m Ski  
20m Sandbag Lunge (Hyrox weight)  
Rest 2 Mins  
x 3

## **WORKOUT** **42**





5 Rounds:  
500m Run  
12.5m Sled Push @ Hyrox Weight  
12.5m Sled Pull @ Hyrox Weight

Rest 3 Mins

5 Rounds:  
500m Run  
25m Burpee Broad Jump  
25m Walking Lunge @ Hyrox Weight

Rest 3 Mins

5 Rounds:  
500m Run  
100m Farmers Carry @ Hyrox Weight

## **WORKOUT 43**





Every 2 Mins For 20 Mins, Alternate A & B  
A - 300m Ski  
B - 300 Row

## ***WORKOUT*** **44**







200m Run  
500m Ski

400m Run  
500m Ski

10m Sled Push @ Hyrox Weight

600m Run  
500m Ski

10m Sled Push @ Hyrox Weight

10m Sled Pull @ Hyrox Weight

800m Run  
500m Ski

10m Sled Push @ Hyrox Weight

10m Sled Pull @ Hyrox Weight

500m Row

1000m Run

10m Sled Push @ Hyrox Weight

10m Sled Pull @ Hyrox Weight

500m Row

40m Burpee Broad Jumps

## **WORKOUT 45**





In 2 Mins:  
20 Wall Balls + Max Sandbag Lunges  
Rest 1 Min

In 2 Mins:  
Max Farmers Carry  
Rest 1 Mins

X 3

## ***WORKOUT*** **46**





2000m Run  
2 x  
500m Ski  
25m Sled Push

2000m Run  
2 x  
25m Sled Pull  
40m Burpee Broad Jump

2000m Run  
2 x  
500m Row  
100m Farmers Carry

2000m Run  
2 x  
50m Sandbag Lunges  
50 Wall Balls

## **WORKOUT**

# **47**







5 x 500m Ski  
Rest 75s between sets

1000m Run @ Moderate Pace

6 x 250m Ski  
Rest 60s between sets

## ***WORKOUT*** **48**





500m Run  
500m Ski  
25m Sled Push  
500m Run  
Rest 60s  
x 2

500m Run  
25m Sled Pull  
40m Burpee Broad Jump  
500m Run  
Rest 60s  
x 2

500m Run  
500m Row  
100m Farmers Carry  
500m Run  
Rest 60s  
x 2

500m Run  
50m Sandbag Lunges  
50 Wall Balls  
500m Run  
Rest 60s  
x 2

## **WORKOUT**

# **49**





2000m Run  
1000m Row  
50m Walking Lunge  
25m Burpee Broad Jump

1000m Run  
1000m Row  
50m Walking Lunge  
25m Burpee Broad Jump

Rest 3-5 Mins

2000m Run  
1000m Ski  
100m Farmers Carry  
50 Wall Balls

1000m Run  
1000m Ski  
100m Farmers Carry  
50 Wall Balls

## **WORKOUT**

# **50**

