

THE HYROX STRENGTH PRIMER

3 TOOLS. 8 STATIONS.

Why we train strength first, why we use dumbbells, and why we use cleans. The ideas behind how 20+ of our members trained for HYROX.



01

TOOL ONE

WHY WE TRAIN STRENGTH FIRST

Hyrox is an endurance race. We still lift heavy. Absolute strength is the buffer, and the bigger the buffer, the more room you have on race day.

A

A BUFFER FOR INJURY PREVENTION

The stronger you are, the more room you have before something gives. Eight runs and eight stations ask a lot of the same tissues, over and over.

B

A BUFFER AGAINST STRENGTH LOSS

Training that leans toward endurance pulls strength down over time. Start with more of it and you arrive on race day with more left.

C

A HIGHER CEILING FOR MOVEMENT CAPACITY

Every station sits under that ceiling. Raise it, and the sled, the lunges and the carry all move further from your limit.

HOW WE BUILD IT

Absolute strength first. Engine work applied with a purpose. Race-specific skills refined over time. Strength numbers are tracked. Benchmarks are measured, not guessed at.



TOOL TWO

WHY WE USE DUMBBELLS

Dumbbells don't let you hide a weak side. Each arm moves its own weight, so the strong side can't cover for the other. That's one of four reasons we cycle them in Hyrox prep.

01

STRENGTH BALANCE

Each side carries its own load. Gaps between left and right show up fast, and close faster.

02

MUSCULAR ENDURANCE

Repeated reps under load, which is most of what the race asks for.

03

GRIP EXPOSURE

The farmers carry and the sled pull will both test your grip. Better to find out here.

04

SHOULDERS IN EVERY PLANE

Snatches, cleans and presses load the shoulder through different patterns and planes of movement.

WHAT CYCLING MEANS

Moving the dumbbell for reps, not just for a single heavy effort. Snatches, cleans and presses, strung together under load, so strength and endurance get trained in the same set.





TOOL THREE

WHY WE USE CLEANS

The power clean is a hip drive. So is most of Hyrox. Every stride, every push, every jump starts with an explosive push from the hips.

THE RUN Every stride	**SANDBAG LUNGES** Every step	**SLED PUSH AND PULL** Every drive
BURPEE BROAD JUMPS Every jump	**WALL BALLS** Every throw	**SAME DRIVE** Different station

FORCE ECONOMY

Generate force through your hips instead of grinding through smaller muscles. The clean teaches that push under load. Every station costs less energy, so you hold pace longer on the next run.

THE STATION MAP

WHICH TOOL SHOWS UP WHERE

Strength sits under all eight stations and every run. Dumbbells and cleans show up where grip and hip drive decide the pace.

STATION	STRENGTH	DUMBBELLS	CLEANS	WHY
Running, 8 × 1 km	●		●	Hip drive in every stride
SkiErg	●			The buffer
Sled push	●		●	Hip drive in every push
Sled pull	●	●	●	Grip, plus hip drive in every pull
Burpee broad jumps	●		●	Hip extension in every jump
Rowing	●			The buffer
Farmers carry	●	●		Grip under load
Sandbag lunges	●		●	Hip drive in every step
Wall balls	●		●	Hip extension in every throw

● Strength: the buffer under every station ● Dumbbells or cleans train it directly



THE CREW

20+ OF US RACE HYROX.

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