



PF HYROX SIMULATION

PLAYBOOK

planetfitness / HYROX

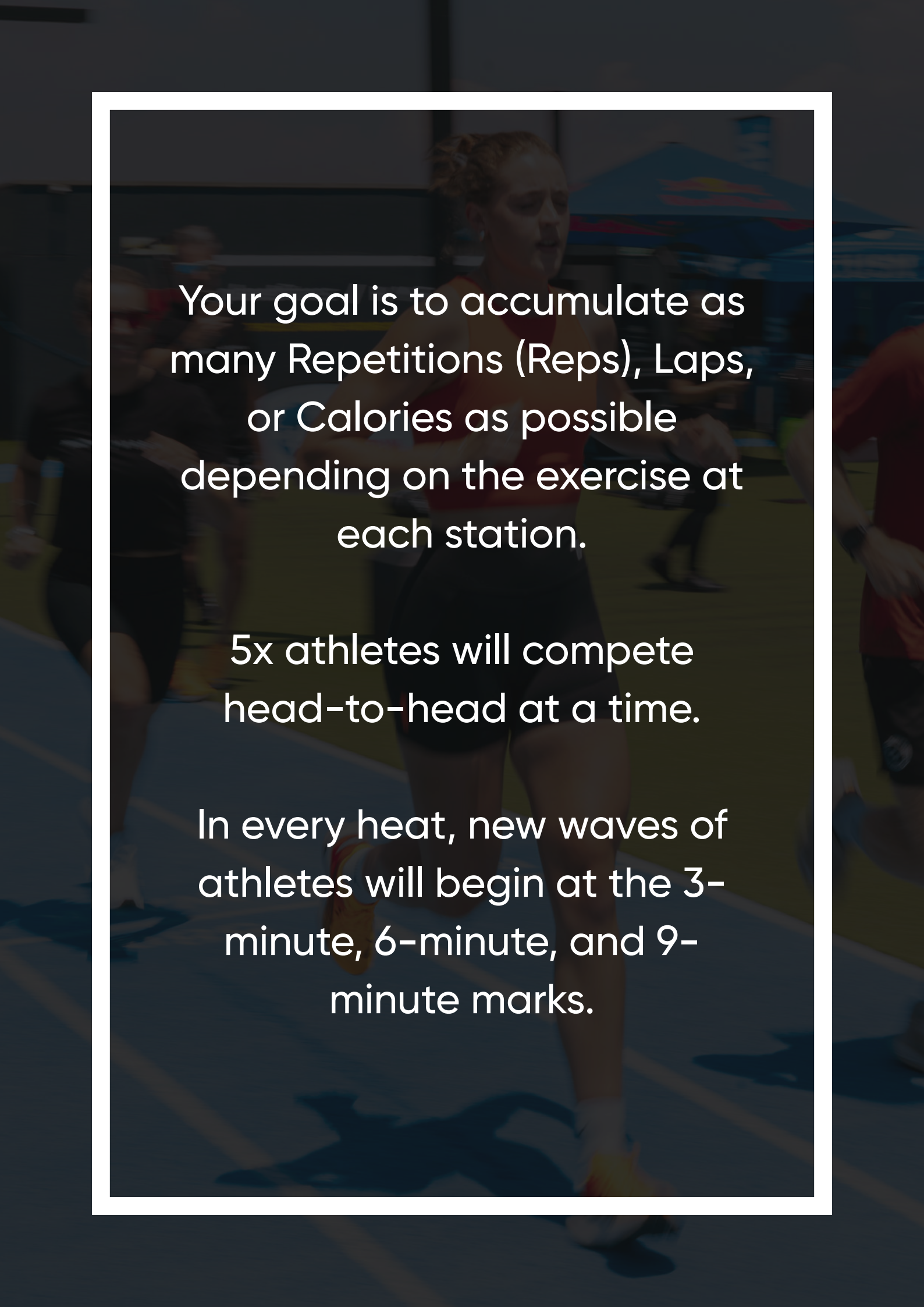
**ATHLETE
BRIEFING
DOCUMENT**

The background of the document is a photograph of several athletes in a huddle. A central figure is a Black man with a beard, wearing a black athletic shirt, looking down with a focused expression. To his right, a white man with short brown hair is looking towards the camera. Other athletes are partially visible in the background, some wearing blue and black athletic gear. The overall tone is professional and motivational.

ATHLETE BRIEFING DOCUMENT

Welcome to the PF HYROX
SIMULATION:
POTCH EDITION. Please read this
briefing carefully to ensure you
understand the format, rules,
expectations, and movement
standards.

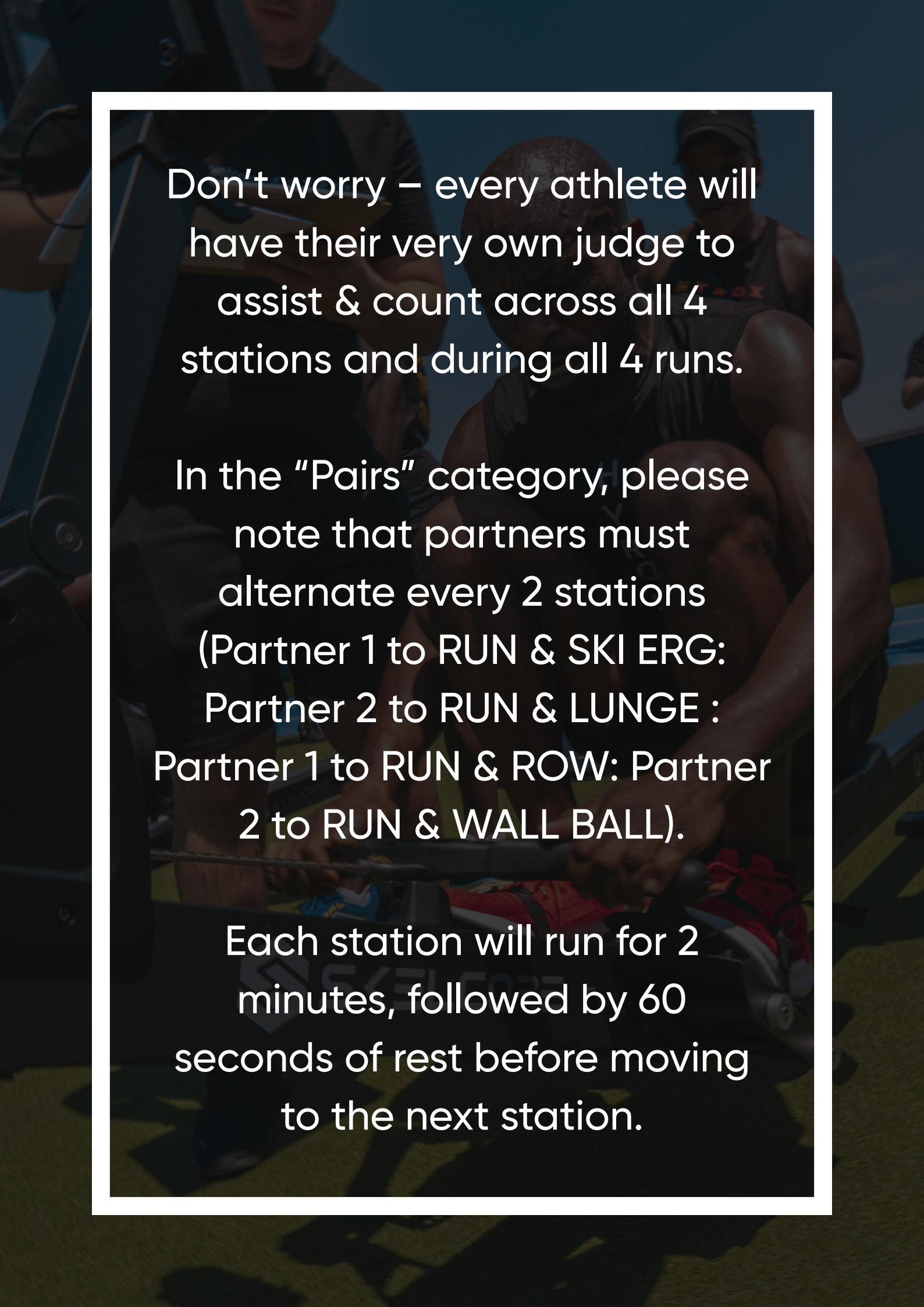
This document outlines
everything you need to know
before stepping onto the floor.

A female athlete with blonde hair tied back, wearing a red sports top and black shorts, is running on a blue track. She is looking forward with a focused expression. The background is slightly blurred, showing other people and structures, suggesting a competitive event.

Your goal is to accumulate as many Repetitions (Reps), Laps, or Calories as possible depending on the exercise at each station.

5x athletes will compete head-to-head at a time.

In every heat, new waves of athletes will begin at the 3-minute, 6-minute, and 9-minute marks.

The background image shows a group of athletes in a gym. In the foreground, a man is performing a rowing exercise on a machine. Behind him, another person is visible, and to the right, a woman is standing. The gym floor is yellow with black markings. The text is overlaid on this image.

Don't worry – every athlete will have their very own judge to assist & count across all 4 stations and during all 4 runs.

In the "Pairs" category, please note that partners must alternate every 2 stations (Partner 1 to RUN & SKI ERG: Partner 2 to RUN & LUNGE : Partner 1 to RUN & ROW: Partner 2 to RUN & WALL BALL).

Each station will run for 2 minutes, followed by 60 seconds of rest before moving to the next station.

A photograph of several runners competing on a blue track. In the foreground, a woman with blonde hair in a bun, wearing a red tank top and black shorts, is running with a determined expression. Behind her, a man in a black singlet and a woman in a black singlet are also running. The track has white lane markings and the words "WALK" and "58m" are visible. The background shows a line of trees and a cloudy sky. The entire image is framed by a white border.

MOVEMENT STANDARDS

A blurred image of a person running on a track, with the word 'RUN' overlaid in yellow.

RUN

On the head judges command, commence a 2-minute run around the track. Every time you run past your judge (who remains static) you will gain "1 Lap".

The background image shows an athlete in a starting position on a SkiErg machine. The athlete is wearing a dark singlet, shorts, and red and white striped socks. They are standing on the machine's footplate, ready to begin the exercise. The machine is black with a large flywheel and handles. In the background, there are blue banners with logos, including 'USN' and 'HYPER'.

SKI ERG

On the head judges command grab the handles (not before) and accumulate as many calories as possible within the 2-minute time frame (note the damper will always be preset to "5" you can change the resistance once you have commenced the exercise – but not before).

(Athletes can stand on the board ready to start, but cannot grab the handles until notified).

A background image showing two runners on a track. The runner in the foreground is a man in a red shirt and black shorts, running towards the left. The runner in the background is a woman in a yellow and red top and black shorts, running towards the right. The track is blue with yellow lane markings. The image is slightly blurred to convey motion.

RUN

On the head judges command, commence a 2-minute run around the track. Every time you run past your judge (who remains static) you will gain "1 Lap".

LUNGES

On the head judges command (not before) the athlete must grab the bag (10KG : Women / 20KG : Men) & place on the shoulders evenly.

From the first lunge the trailing knee must touch the ground whilst ensuring that both hips and knees are fully extended at the top of each rep. Lunges must be alternating, between the two designated markers on the turf.

The sandbag must remain on the shoulders throughout the lunge station.

Every time the knee touches the ground the athlete gains 1 repetition. Objective is to do as many lunges as possible within the 2-minute time frame.



RUN

On the head judges command, commence a 2-minute run around the track. Every time you run past your judge (who remains static) you will gain "1 Lap".

A man is sitting on a rowing machine on a track. He is wearing a dark sleeveless shirt and light-colored shorts. He is looking towards the camera with a slight smile. In the background, there are other people, including a man in a light blue shirt and dark shorts walking away. The track is blue and green. The text is overlaid on the image.

ROW ERG

On the head judges command grab the handle (not before) and accumulate as many calories as possible within the 2-minute time frame.

(NOTE that the damper will always be preset to "5" you can change the resistance once you have commenced the exercise – but not before).

Athletes can "strap their feet in" ready to start, but cannot grab the handles until notified).

A female athlete with blonde hair tied back, wearing a red singlet and black shorts, is running on a blue track. She is in the center of the frame, looking forward with a focused expression. The background is slightly blurred, showing other runners and a blue canopy with a logo. The entire image is framed by a white border.

RUN

On the head judges command, commence a 2-minute run around the track. Every time you run past your judge (who remains static) you will gain "1 Lap".

WALL BALLS

On the head judges command (not before) the ball must be picked up from the ground (4KG - Women / 6KG - Men) where the athlete must then stand in an upright position with hips and knees extended before he/she initiates the movement.

The athlete must squat (while holding the ball with both hands) before throwing the ball (with both hands) to the target when standing up (2.75 metres : Women / 3 metres : Men) This is counted as one repetition.



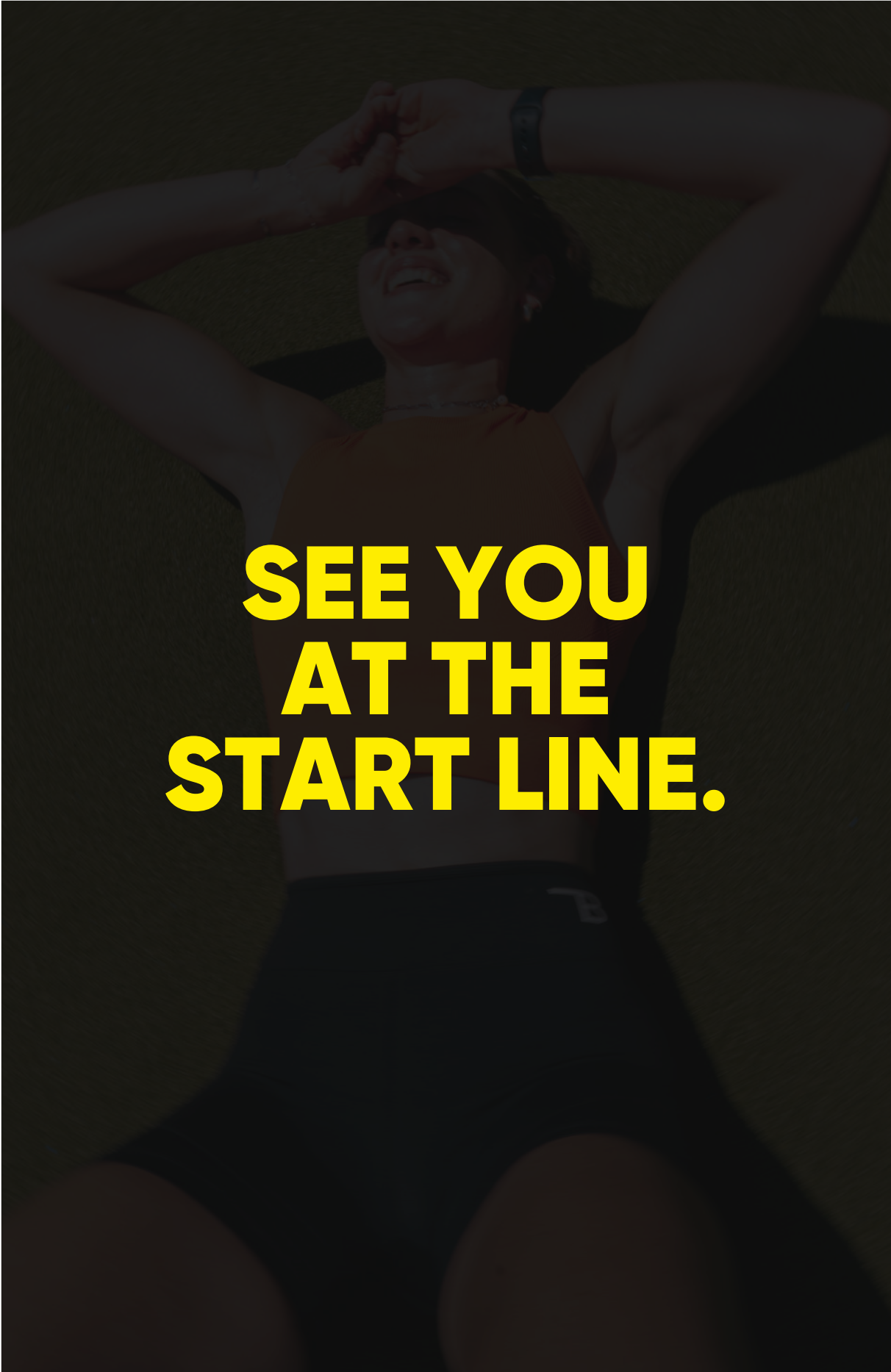
WALL BALLS

After the ball touches the target, the athlete must catch the ball and initiates the movement again.

The objective is to do as many reps as possible in 2-minutes.

(If the athlete does not catch the ball, he/she must first pick up the ball from the ground and stand in the upright position with hips and knees extended before he/she initiates the movement again.

At the bottom position of the squat, the athlete's hips must descend lower than his/her knees (below 90°).

A woman in athletic wear is lying on her back on a light-colored surface, with her arms raised above her head and hands clasped. She is smiling and looking upwards. The image is framed by a white border. Overlaid on the center of the image is the text "SEE YOU AT THE START LINE." in a bold, yellow, sans-serif font.

**SEE YOU
AT THE
START LINE.**