

# **MINI HYROX**

## **WORKOUT OF THE DAY**

**500m Run**

**1000m SkiErg**

**500m Run**

**2x25m Sled Push (125kg)**

**500m Run**

**2x25m Sled Pull (75kg)**

**500m Run**

**80m Burpee Broad Jump**

**500m Run**

**1000m Row**

**500m Run**

**200m Kettle Bells Farmers Carry (24kg)**

**500m Run**

**100m Sandbag Lunges (20kg)**

**500m Run**

**100x Wall Balls (6kg)**



# Pro Home Workout Explained 1558 40222 78886

**Terry C. Jones**



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