

VIVOFit

STRONG

MONDAY

6:30 AM

HYROX

7:30 AM

LOAD

8:30 AM

CHISEL (UPPER BODY)

9:30 AM

SHAPE (LOWER BODY)

5:00 PM

HYROX

TUESDAY

7:30 AM

HYROX

8:30 AM

LOAD

5:00 PM

SHAPE (LOWER BODY)

7:00 PM

LOAD

WEDNESDAY

6:30 AM

HYROX

7:30 AM

LOAD

8:30 AM

CHISEL (UPPER BODY)

9:30 AM

SHAPE (LOWER BODY)

5:00 PM

HYROX

VIVOFit

STRONG

THURSDAY

7:30 AM

HYROX

8:30 AM

LOAD

5:00 PM

SHAPE (LOWER BODY)

7:00 PM

LOAD

FRIDAY

7:30 AM

LOAD

8:30 AM

HYROX

4:00 PM

LOAD

SATURDAY

8:00 AM

HYROX+

SUNDAY

9:00 AM

HYROX