

TRAIN HYROX

WITH MEDICOVER SPORT

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HYROX is based on a straightforward yet demanding plan: **cardio, strength and functional workouts** that engage the entire body. It brings together strength, endurance and functional movements, offering something more than just a classic workout. This workout style isn't just an upcoming trend, it's a workout that equips you for life – no matter your age or fitness level.

The workout involves performing the following:

- Pushing and pulling sleds
- Squats and lunges
- Burpees
- Medicine ball throws
- Farmer carry

The uniqueness of **HYROX** is the fact that every element has a purpose. The movements are natural, functional and easy to scale. The workout can be adapted to different fitness levels without losing its effectiveness or character.

Where can you train HYROX?

With the Medicover Sport pass, you get easy access to clubs that offer HYROX zones:

Simply:

- Use the new “HYROX” filter in our facility finder,
- Select your location.

This is the quickest way to try out HYROX in practice – no commitments, no entry barriers, just go at your own pace.

Why is it worth training HYROX?

HYROX teaches the entire body to perform efficiently without isolating muscles. Lifting, pushing, pulling, working through fatigue – exactly what we face outside the training room.

You work on strength and endurance at the same time – for more energy every day.

- **You improve your fitness, mobility and stability** – for better agility and coordination.
- **You build physical and mental resilience** – for greater resistance to stress and a sense of “I can do it” – even off the workout.

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