

Workout Routine 02.11.2026

Tagestraining:
A) Kraft:
On the 3 minutes for 5 rounds do:
4-6 reps Back-Squats RPE 8-9 + 20 Squat-Jumps with Medball M9kg/W6kg
B) Workout:
7 rounds for time of:
5 Deadlifts M100Kg/W70Kg
7 Toes to bar
9 Push-ups
Functional Bodybuilding:
A) 5 rounds for quality of:
6-8 reps Bench-Press RPE8
10-12 reps horizontal Body row
B) 15 minutes amrap:
10 reps DB Pullover
15 reps Box-Dips
10 reps Bent over reverse DB Fly
HYROX 60 Min:
3 rounds of:
2 minutes amrap calories Ski
2 minutes amrap Wall-Ball-Shots M9kg/W6kg
2 minutes amrap hand over hand Sled Pull
2 minutes amrap Sandbag Lunges M20kg/W15kg
2 minutes of Burpees
2 minutes Rest



Workout Routine 03.11.2026

Tagestraining:
A) Kraft:
On the 3 minutes for 5 rounds do:
4-6 reps Bench-Press RPE 8-9 + 10 reps each side Gorilla row with DBs or KBs
B) Workout:
Team of 2 for time, I go, you go
50-40-30-20-10
Calories row
Thrusters M40Kg/W30Kg
HYROX 60 Min:
A) Kraft:
On the 3 minutes for 5 rounds do:
4-6 reps Bench-Press RPE 8-9 + 10 reps each side Gorilla row with DBs or KBs
B) Workout:
5 rounds for time of:
20 calories of Choice
15 double DB Deadlift M22,5k/W15kg
10 double DB Front-Squats M22,5kg/W15kg



Workout Routine 04.11.2026

Tagestraining:
A) Kraft:
EMOM 12:
1) 3 reps Deadlift RPE 8-9
2) 10 reps DB Hip Thrusts
B) Workout:
21-15-9 reps for time of:
Pull-ups
Double DB Clean & Jerk M22,5kg/W15kg
HYROX 60 Min:
A) 15 minutes to get as far as possible:
1-2-3-4-5-6-7-8-9-10 usw...
Russian KB Swings M24Kg/W16kg
Burpees
2-3 minutes break
B) 15 minutes amrap of:
4 Goblet Squats M24kg/W16kg
20 meter single arm farmers carry M24kg/W16kg
8 Goblet Squats
20 meter single arm farmers carry
12 Goblet Squats
20 meter single arm farmers carry
16 Goblet Squats
20 meter single arm farmers carry
USW...



Workout Routine 05.11.2026

Tagestraining:
Team of 2 / I go, you go for full rounds
20 rounds of:
5 Power-Cleans M60kg/W40kg
7 lateral Burpees over the Bar
10/7 calories Bike
HYROX 60 Min:
Team of 2 for time:
7 minutes amrap of:
Person A does 10 meter Hand over Hand Sled Pull (heavy)
Person B does amrap Burpees
change after 20 meter Sled Push
7 minutes amrap of:
Person A does 15 calories Ski
Person B does amrap russian KB Swings M32kg/W24kg
Change after 15 calories Ski
7 minutes amrap of:
Person A does 15 Wall-Ball Shots M9kg/W6kg
Person B does amrap Box Jumps
Change after 15 Wall-Ball-Shots
7 minutes amrap of:
Person A does 20 alternating Sandbag reverse
Step Lunges M30kg/W20kg
Person B does amrap plate Clean & Jerk M20kg/W15kg
Change after 20 Sandbag Lunges



Workout Routine 06.11.2026

Tagestraining:
A) Kraft: 3 rounds of:
30 reps Partner Leg Throws
20 reps assisted Partner Sit-ups with Medball M9kg/W6kg
B) Workout:
4 rounds for time of:
15 Pull-ups
20/14 calories of choice
25 Slamball Squats M30-50kg/W20-40kg
Functional Bodybuilding:
A) 5 rounds for quality of:
10-12 Barbell Hip-Thrusts RPE 8-9
20 reps walking Lunges with 2 DBs or KBs M22,5kg/W15kg
B) 15 minutes amrap of:
12 lying Dumbbell leg curls
15 reps Goblet Cyclist Squats
20 alternating Ring assisted Cossack Squats
HYROX 60 Min:
A) Kraft: 3 rounds of:
30 reps Partner Leg Throws
20 reps assisted Partner Sit-ups with Medball M9kg/W6kg
B) Workout:
20 minutes EMOM:
1) 15 reps Wall-Ball-Shots M6kg/W4kg
2) 10 reps Deadlift M60Kg/W40Kg
3) 40 seconds amrap Sled Push (medium weight)
4) 12/9 calories Ski



Workout Routine 07.11.2026

HYROX 90 Min:
Team of 2 for time:
50 reps Back-Squats M100kg/W70kg
1km run (both)
100 reps heavy elevated reverse Step Lunges
with DBs M22,5kg/W15kg
1km run (both)
150 weighted Push-ups
1km run (both)
400 meter farmers Carry M24kg/W16kg
1km run (both)
HYROX 60 Min:
Team of 2 for time:
40 reps Back-Squats M100kg/W70kg
400m run (both)
80 reps heavy elevated reverse Step Lunges
with DBs M22,5kg/W15kg
400m run (both)
120 weighted Push-ups
400m run (both)
200 meter farmers Carry M24kg/W16kg
400m run (both)



Workout Routine 08.11.2026

HYROX 90 Min:
Team of 2 for time:
2km row
100 reps double KB Deadlift M32kg/W24kg
150 reps Step-ups with 1 KB
200 reps Goblet-Squats M32kg/W24kg
2km row
200 reps double DB Lunges M15kg/W10kg
150 reps double DB Shoulder to Overhead M15kg/W10kg
100 reps Burpees
2km row

HYROX 60 Min:
Team of 2 for time:
1km row
50 reps double KB Deadlift M32kg/W24kg
100 reps Step-ups with 1 KB
150 reps Goblet-Squats M32kg/W24kg
1km row
150 reps double DB Lunges M15kg/W10kg
100 reps double DB Shoulder to Overhead M15kg/W10kg
50 reps Burpees
1km row