

# Rockin' Hyrox

One of the world's fastest-growing fitness races, Hyrox, returns to Singapore at the National Stadium from April 3 to 5. It brings three days of high-octane racing to one of the world's premier fitness stages. It combines running and functional intervals in a format accessible to all ages and abilities. The Straits Times executive infographics journalist **Lim Kaii** takes a deep dive into the race.

## FACTS

### APRIL 2026 RACE

#### PARTICIPATION NUMBERS

Currently **over 14,000** registered users

#### GENDER

Male **61.54%** Female **38.46%**

#### AGE

Youngest **16, male** | Oldest **74, female**

#### Racers are coming from

**58 countries**

### GENERAL

The average global age taking part is **36 years old**

#### GENDER (GLOBAL)

Male **52%** Female **48%**

## HISTORY

• Founded in Hamburg, Germany in 2017 by Moritz Furste (left) and Christian Toetzke (right) to provide gym-goers with a high-performance event to train for; it has now exploded into a global phenomenon.



## WORKOUT STATIONS

(1km run before each station)

### 01 1,000m SkiErg



The first station requires a 1,000m pull on a SkiErg machine. It simulates cross-country skiing, using a rhythmic high-to-low motion to test full-body endurance.

### 02 50m Sled Push

Requires the athlete to drive a heavily-loaded sled across high-friction carpet using leg drive and core engagement.



#### Weight including sled

- **102kg:** Women, Doubles Women, Relay Women and Relay Mixed (Women)
- **152kg:** Women Pro, Men, Doubles Men, Doubles Mixed, Relay Men and Relay Mixed (Men)
- **202kg:** Men Pro

### 03 50m Sled Pull

Requires the athlete to pull a heavily loaded sled using a thick rope. It is a test of posterior chain strength, grip endurance, and core stability.



#### Weight including sled

- **78kg:** Women, Doubles Women, Relay Women and Relay Mixed (Women)
- **103kg:** Women Pro, Men, Doubles Men, Doubles Mixed, Relay Men and Relay Mixed (Men)
- **202kg:** Men Pro

### 04 80m Burpee Broad Jumps

A full-body workout and it differs from a traditional burpee as the athlete needs to jump forwards with each rep. It challenges cardiovascular endurance and leg explosiveness.



### 05 1,000m Rowing



Rowing on a RowErg machine requires a full-body effort. To manage fatigue, the athlete maintains a consistent, high-intensity pace rather than sprinting, balancing aerobic output with efficiency.

### 06 200m Farmers Carry

The athlete carries one kettlebell in each hand, while walking/running as fast as possible. Though typically the races' quickest station, it is a high-intensity test of grip strength, shoulder stability, and core endurance.



#### Weight

- **2 x 16kg:** Women, Doubles Women, Relay Women and Relay Mixed (Women)
- **2 x 24kg:** Women Pro, Men, Doubles Men, Doubles Mixed, Relay Men and Relay Mixed (Men)
- **2 x 32kg:** Men Pro



### 07 100m Sandbag Lunges

The athlete must lunge 100m with a sandbag across his shoulders, alternating legs and touching the rear knee to the ground on every rep. While primarily testing thighs and glutes, the 'no-drop' rule adds significant strain to the arms and shoulders.

#### Weight

- **10kg:** Women, Doubles Women, Relay Women and Relay Mixed (Women)
- **20kg:** Women Pro, Men, Doubles Men, Doubles Mixed, Relay Men and Relay Mixed (Men)
- **30kg:** Men Pro

### 08 100 Wall Balls

The final station requires the athlete to squat and explode upward, hitting the target for 100 reps. It is an exhaustive test of mental composure, demanding a continuous, fluid rhythm to close the race under peak physical stress.

#### Weight

- **4kg:** Women, Doubles Women, Relay Women and Relay Mixed (women)
- **6kg:** Women Pro, Men, Doubles Men, Doubles Mixed, Relay Men and Relay Mixed (men)
- **9kg:** Men Pro

#### Target height

- **2.7m:** Women
- **3m:** Men

NOTE: The 30cm difference applies across all divisions except Adaptive

## 2025

Largest event: Hyrox London Exce| (40,000+ athletes and 30,000+ spectators)

## 2024/2025

Saw over 650,000 participants, another year of over 100 per cent growth, cumulating with the World Championships in Chicago that happened in June 2025.

## KEY MILESTONES

### 2017

Since its 2017 inception, Hyrox has become the world's fastest-growing fitness sport. Participation has surged from just 650 people at the inaugural UK event in Birmingham in 2017 to an expected 1.5 million participants for the 2025/2026 season.

## PAST WINNERS

### AIA HYROX SINGAPORE (NOV 2025)

Men's Singles  
**Lawrence Cartwright**  
Finish time: 56min 18sec

Women's Singles  
**Maire Mc Ginley**  
Finish time: 1hr 2min 33sec

## CATEGORIES

### Individual

- Women
- Women pro
- Men
- Men pro
- Adaptive\*

### Doubles

- Two-person team format
- Doubles men
- Doubles mixed women
- Doubles women
- Doubles mixed
- Adaptive\*

### Relay

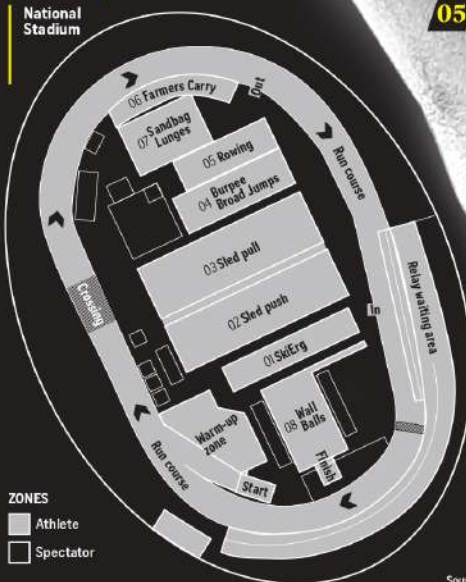
#### Four-person team format

- Relay women
- Relay men
- Relay mixed (2 men and 2 women)
- Corporate (Same gender team or 2 men and 2 women)
- Adaptive\*

\*Total running distance remains unchanged at 8km. Weights and/or repetitions at selected stations are adjusted and tailored to athletes with varying physical impairments.

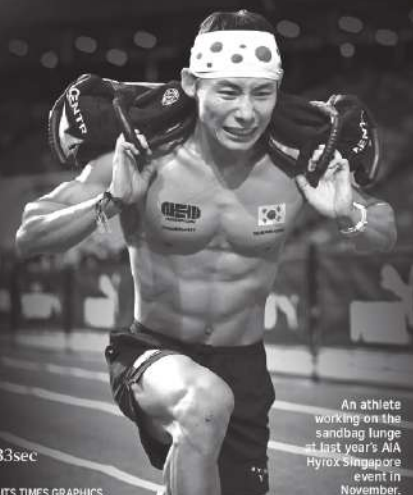
## VENUE

### National Stadium



## ZONES

- Athlete
- Spectator



An athlete working on the sandbag lunge at last year's AIA Hyrox Singapore event in November.