

# HYROX

## PERFORMANCE CENTER

HYROX 365  
PERFORMANCE FOR EVERY BODY



HYROX

PERFORMANCE  
CENTER

SPATIAL DESIGN +  
**VISUALISATION**

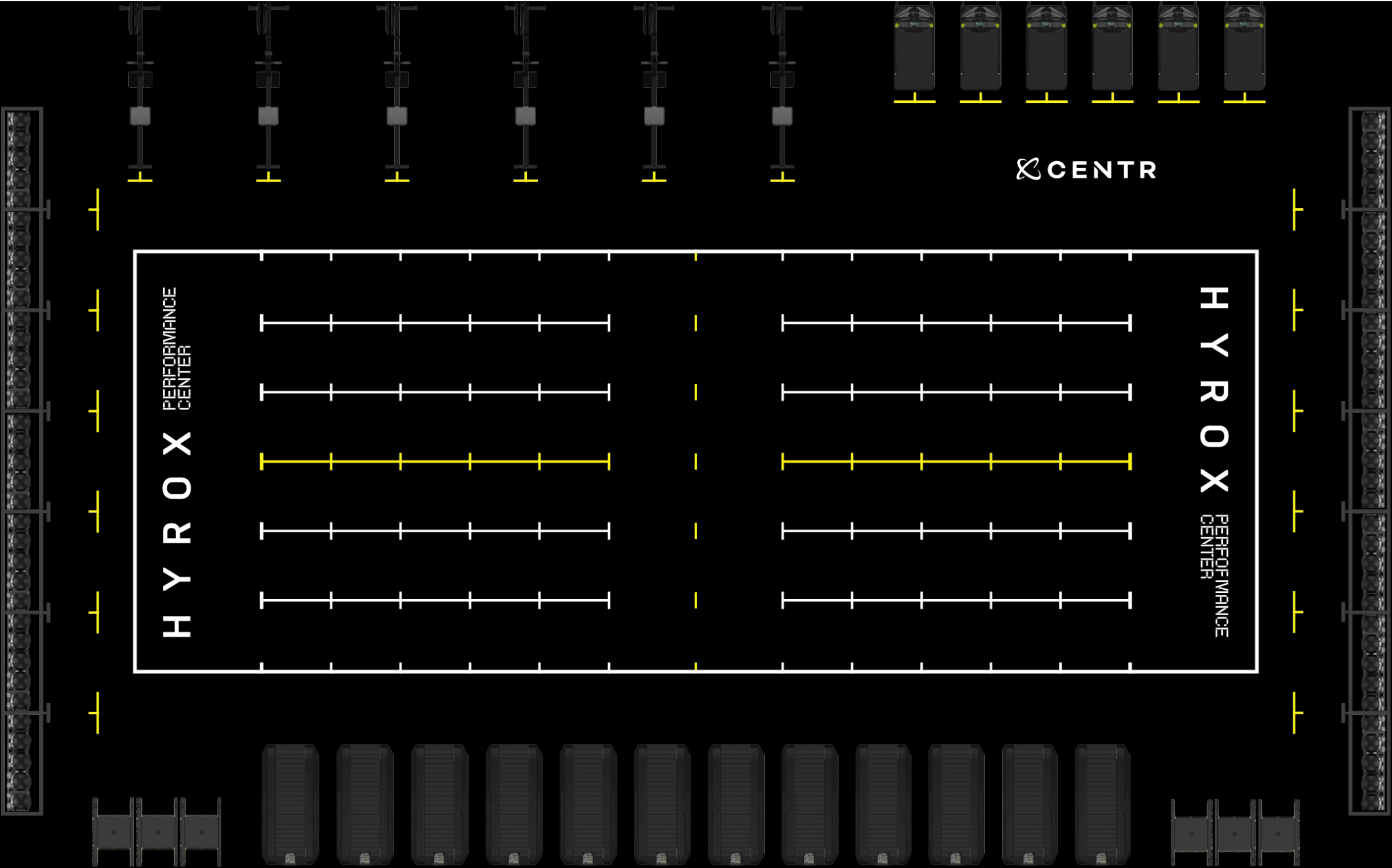
EXEMPLARY IDEAL SET-UP OF A **HYROX PERFORMANCE CENTER**

250qm | 20x12,5m | Group Sizes of 24+ to 36+ (depending on training format)

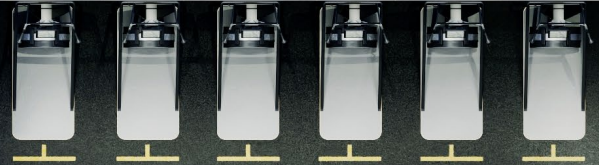
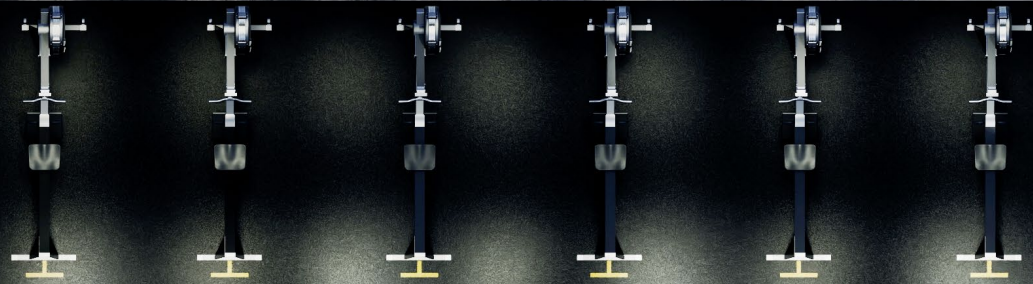
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ASSAULT FITNESS  
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Concept 2

Concept 2













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# EQUIPMENT OUTLINE

**24+ | 36+ | 48+**



## HYROX PERFORMANCE CENTER | EQUIPMENT OUTLINE

Centr x HYROX Equipment	24+ Class Size
Octo Kettlebell 16 kg	12
Octo Kettlebell 24 kg	12
Octo Kettlebell 32 kg	9
Wall Ball 2 kg	3
Wall Ball 4 kg	6
Wall Ball 6 kg	6
Wall Ball 9 kg	6
Wall Ball 12 kg	3
Sandbag 10 kg	6
Sandbag 20 kg	6
Sandbag 30 kg	6
Power Sled	4
Power Rope	8
Rlg Target	8
Interlocking Bumper Plate Weight (25 kg)	28

Centr x HYROX Equipment	36+ Class Size
Octo Kettlebell 16 kg	18
Octo Kettlebell 24 kg	18
Octo Kettlebell 32 kg	12
Wall Ball 2 kg	6
Wall Ball 4 kg	9
Wall Ball 6 kg	9
Wall Ball 9 kg	9
Wall Ball 12 kg	6
Sandbag 10 kg	9
Sandbag 20 kg	9
Sandbag 30 kg	9
Power Sled	6
Power Rope	12
Rlg Target	12
Interlocking Bumper Plate Weight (25 kg)	42

Centr x HYROX Equipment	48+ Class Size
Octo Kettlebell 16 kg	24
Octo Kettlebell 24 kg	24
Octo Kettlebell 32 kg	16
Wall Ball 2 kg	8
Wall Ball 4 kg	12
Wall Ball 6 kg	12
Wall Ball 9 kg	12
Wall Ball 12 kg	9
Sandbag 10 kg	12
Sandbag 20 kg	12
Sandbag 30 kg	12
Power Sled	8
Power Rope	16
Rlg Target	16
Interlocking Bumper Plate Weight (25 kg)	56

Machine Equipment	24+ Class Size
Treadmills	8
Concept2 SkiErgometer	4
Concept2 RowErgometer	4

Machine Equipment	36+ Class Size
Treadmills	12
Concept2 SkiErgometer	6
Concept2 RowErgometer	6

Machine Equipment	48+ Class Size
Treadmills	16
Concept2 SkiErgometer	8
Concept2 RowErgometer	8

Centr x HYROX Additional Equipment	24+ Class Size
Dumbbells 5 kg	6
Dumbbells 7,5 kg	8
Dumbbells 10 kg	12
Dumbbells 12,5 kg	8
Dumbbells 15 kg	8
Dumbbells 17,5 kg	8
Dumbbells 20 kg	6
Dumbbells 22,5 kg	6
Dumbbells 25 kg	6
Kettlebell 8 kg	6
Kettlebell 12 kg	6
Kettlebell 20 kg	6
Kettlebell 28 kg	6

Centr x HYROX Additional Equipment	36+ Class Size
Dumbbells 5 kg	8
Dumbbells 7,5 kg	12
Dumbbells 10 kg	16
Dumbbells 12,5 kg	12
Dumbbells 15 kg	12
Dumbbells 17,5 kg	12
Dumbbells 20 kg	8
Dumbbells 22,5 kg	8
Dumbbells 25 kg	8
Kettlebell 8 kg	8
Kettlebell 12 kg	8
Kettlebell 20 kg	8
Kettlebell 28 kg	8

Centr x HYROX Additional Equipment	48+ Class Size
Dumbbells 5 kg	12
Dumbbells 7,5 kg	12
Dumbbells 10 kg	22
Dumbbells 12,5 kg	12
Dumbbells 15 kg	12
Dumbbells 17,5 kg	12
Dumbbells 20 kg	12
Dumbbells 22,5 kg	12
Dumbbells 25 kg	12
Kettlebell 8 kg	12
Kettlebell 12 kg	12
Kettlebell 20 kg	12
Kettlebell 28 kg	12



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COMMERCIAL  
**GUIDELINES**



## MINIMUM REQUIREMENTS

- **Minimum of 180 m<sup>2</sup>** of uninterrupted floorspace
- Minimum volume of **Official HYROX Competition Equipment** (see Equipment Outline)
- **Fixed ratio of treadmills to wall ball stations to sled tracks to rowers to skiergs** (2:2:1:1:1). See example of HPC 250 sqm at page 2: multiplication factor here is 6 defined by the sled tracks. This results in the following ratios: 12 treadmills, 12 wallball targets, 6 rowing machines, 6 ski ergometers and, of course, 6 sledges.
- **Exclusive HYROX owned gym design** for effective use of space and optimum implementation of the HYROX Group Training programme, including the design for the arrangement of all training equipment, smart storage solutions and the HYROX exclusive Sled-Track Area.
- **All Turf HPC Training Area including HYROX Grade Racing Carpet** (including branding HPC)
- Custom design modular **SmartStorage Solution** with Rig + Wallball Targets & adaptability to many other innovative training devices that HYROX will develop together with Centr for the HPC in the future
- Full set-up, final design and approval as **Turn-Key Solution** with Centr + Local Distributor

## HYROX ACADEMY

- Subject to the number of locations opening, we would host an **in-person HPC workshop** for all relevant coaches
- Additionally, all coaches will undergo the **HYROX Foundation Course** in our LMS System
- And **2 coaches per HPC location**, will receive free access to the **HYROX Level 1 Performance Course**

## FINANCIAL

- **GBP 250 | EUR 275 | USD 295** per month per location



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KEY  
**BENEFITS**



**KEY BENEFITS**

- **Unlimited access** to the **HYROX Performance HUB** with full turn key **Weekly Group Training Programming** (8 programs in four different formats per week) including blackboard templating as screen ready solution and coaches cues as well as Coaches Tutorials, Marketing Guidelines and Directory, Challenges, Knowledge Hub with Experts from the HYROX Academy, Partnership Deals etc.
- **Geographic Exclusivity** (Population radius approx. 500,000)
- Use of the name and title **HYROX Performance Centr at Name of the Gym**
- **Pre-access** to relevant event ticket launches and to special race ticket allotments; resale option to the gym's own members (very important as events sell out in less than an hour)
- **Special area** for HYROX Performance Centers and their members at HYROX events as well as **HPC fast lane** at registration
- **Exclusive and prioritised listing** on the global **HYROX Gym Finder**
- **Exclusive positioning** on the social media channels of HYROX World and the various channels of the global HYROX markets through multimedia posts
- Exclusive positioning as **Best Case Studies** in HYROX B2B and B2C communication
- **Turn-Key Solution** for box-in-box or stand-alone gym facilities with unique **HYROX Performance Design** ideally suited to the **HYROX Group Training Program**. This guarantees unique and best training conditions no HYROX Training Club can offer.
- Sold and distributed through **Centr's network of world-wide distributors**
- Subject to the number of locations opening, we would host an **in-person HPC workshop** for all relevant coaches
- Additionally, all coaches will undergo the **HYROX Foundation Course** in our LMS System for free
- **2 coaches per HPC location**, will receive free access to the **HYROX Level 1 Performance Course** worth 998 Euros.
- **Special offers** from the HYROX Partners like PUMA, Centr, MyProtein, RedBull etc.
- **Special services** by HYROX Partners for HPCs (Nutritional advice, performance diagnostics, running analysis, workshops, etc.) with resale option to the gym's own members
- Possibility to host **unique HYROX gym challenges** in open house formats marketed and presented by HYROX
- All Turf HPC Training Area **including HYROX Grade Racing Turf** (including HPC branding); the exact same turf will be used in the HYROX races at on time



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CONTACTS +  
**DISTRIBUTION**



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