

SheRox

THE FUNCTIONAL FITNESS RACE FOR WOMEN
BY MULTIFIT

DUO CHALLENGE



Team Size

2 Participants Per Team



Format

Partner Race Format



Goal

Complete the entire challenge in the fastest time.

Workout Flow

- Both participants start together with a 2 km run. Team timing starts at the beginning of the race.
- After completing the run, the duo proceeds to Station 1.
- The team must complete all workout stations in the prescribed order.
- After Station 2, both participants complete a 1 km run together.
- Upon completing the second run, the duo continues with Stations 3 and 4.
- After completing the final workout station, both participants complete the final 2 km run together.
- Team timing stops when both participants cross the finish line.



**Running
Breakdown**

- Opening Run – 2 km
- Mid-Race Run – 1 km
- Finish Run – 2 km
- Total Running Distance – 5 km

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Race Format

Race Sequence

2 KM TEAM RUN



STATION 1
SLED PUSH & PULL
30 M PUSH
30 M PULL
75 KG



STATION 2
PLATE FARMERS CARRY
120 M



1 KM TEAM RUN



STATION 3
TYRE FLIPS
60 M
60 KG TYRE



STATION 4
BROAD JUMP BURPEES
60 M



2 KM TEAM FINISH RUN

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Workout Stations

STATION 1

SLED PUSH & PULL

30 M PUSH

30 M PULL

WEIGHT: 75 KG

STANDARDS

- Both participants complete the station together.
- Sled must remain within the designated lane.
- Push must be completed before beginning the pull.

STATION 2

PLATE FARMERS CARRY

120 M

STANDARDS

- Team carries the weight plates over the designated distance.
- Plates may be set down if required.
- Full distance must be completed before proceeding.

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Workout Stations

STATION 3

TYRE FLIPS

60 M

TYRE: 60 KG

STANDARDS

- Team completes the tyre flips over the designated distance.
- Tyre must rotate completely before each repetition.
- Rolling or dragging the tyre is not permitted.

STATION 4

BROAD JUMP BURPEES

120 M

STANDARDS

- Team performs burpees and broad jumps over the designated distance.
- Chest and thighs must touch the ground during every burpee.
- Full standing position required before every jump.
- Continue until the full distance is completed.

DUO CHALLENGE

Rules

- Teams consist of 2 participants.
- Both participants complete every run together.
- Team must complete every workout station in the prescribed order.
- Team timing stops when both participants cross the finish line.
- Team with the fastest overall completion time wins.

**THANK
YOU**