

SheRox

THE FUNCTIONAL FITNESS RACE FOR WOMEN
BY MULTIFIT

INDIVIDUAL CHALLENGE



Format

Individual Race Format



Goal

Complete the entire challenge in the fastest time.

Workout Flow

- Athlete begins with a 2 km run. Timing starts at the beginning of the race.
- After completing the run, the athlete proceeds to Station 1.
- The athlete must complete all workout stations in the prescribed order.
- After Station 2, the athlete begins a 1 km run.
- Upon completing the second run, the athlete continues with Stations 3 and 4.
- After completing the final workout station, the athlete begins the final 2 km run.
- Timing stops when the athlete crosses the finish line.

Race Format

Race Sequence

2 KM RUN



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



STATION 2
PLATE FARMERS CARRY
120



1 KM RUN



STATION 3
TYRE FLIPS
60 M
60 KG TYRE



STATION 4
BROAD JUMP BURPEES
60 M



2 KM FINISH RUN

INDIVIDUAL CHALLENGE

Workout Stations

STATION 1

SLED PUSH

30 M

WEIGHT: 75 KG

STANDARDS

- Athlete must push the sled for the full 30 m.
- Sled must remain within the designated lane.
- Entire push distance must be completed before beginning the sled pull.

SLED PULL

30 M

STANDARDS

- Athlete pulls the sled back over the full distance.
- Sled must remain under control throughout the movement.
- Full distance must be completed before proceeding.

STATION 2

PLATE FARMERS

CARRY

120 M

STANDARDS

- Athlete carries the weight plates throughout the designated distance.
- Plates may be set down if required.
- Athlete must complete the full distance before proceeding.

SLED PULL

30 M

STANDARDS

- Athlete pulls the sled back over the full distance.
- Sled must remain under control throughout the movement.
- Full distance must be completed before proceeding.

INDIVIDUAL CHALLENGE

Workout Stations

STATION 3

TYRE FLIPS

60 M

TYRE: 60 KG

STANDARDS

- Tyre must start flat on the ground.
- Athlete must use both hands to initiate each flip.
- Tyre must rotate completely before the next flip begins.
- Rolling or dragging the tyre is not permitted.

STATION 4

BROAD JUMP

BURPEES

60 M

STANDARDS

- Athlete performs one burpee followed by one broad jump.
- Chest and thighs must touch the ground during every burpee.
- Athlete must return to full standing before each jump.
- Continue until the full distance is completed.

Rules

- Athlete must complete every run and workout station in the prescribed order.
- Athlete must complete the full distance and repetitions at every station.
- Timing stops when the athlete crosses the finish line.
- Athlete with the fastest overall completion time wins.

**THANK
YOU**