

SheRox

THE FUNCTIONAL FITNESS RACE FOR WOMEN
BY MULTIFIT

RACE



01

**2 KM
RUN**

THE RACE
BEGINS



02

**SLED PUSH
& PULL**

• 30 M PUSH
• 30 M PULL
• 75 KG



03

**PLATE
FARMER'S CARRY**

120 M CARRY



04

**1 KM
RUN**

THE HALFWAY
STRETCH.



05

**TYRE
FLIPS**

• 60 M
• 60 KG TYRE



06

**BROAD JUMP
BURPEES**

60 M



07

**FINAL
2 KM RUN**

THE FINISH
AWAITS

Movement Standard

General Movement Standard

All athletes must complete each run and workout station for the full prescribed distance and in the prescribed sequence.

All movements must be performed according to the standards stated below. A movement that does not meet the prescribed standard will not be counted.

Athletes must remain in control of the equipment throughout each movement and must follow all marked course and station boundaries.

General Duo Rule:

- One partner works while the other partner rests.
- Partners may switch roles at any time during a station unless otherwise specified.
- The team must complete the full prescribed distance/work before leaving the station.

RUN

Opening Run



Mid-Race Run



Finish Run

2 KM

1 KM

2 KM

Movement Standard

- Athlete must complete the full prescribed running distance.
- Athlete must follow the designated run course and marked route.
- All designated laps must be completed.
- Athlete must cross all designated lap/turn markers as instructed.
- Cutting the course, skipping a lap or shortening the prescribed distance is not permitted.
- The run is complete only when the athlete has completed the full prescribed distance and enters the next designated section of the race.

Duo

- Both participants must complete each run together.
- Both participants may run at their own pace, but both participants must remain together throughout the designated run.
- The run is complete only when both participants have completed the prescribed distance.

SLED PUSH & PULL

Distance

**30 m Push
+ 30 m Pull**

Load

**90 KG
including sled**

Movement Standard

■ PUSH

- Athlete must begin from the designated starting position.
- The athlete must push the sled forward using the designated sled handles.
- The sled must remain within the designated lane.
- The sled must be pushed for the complete 30 m distance.
- The entire sled must cross the designated finishing line before the push is considered complete.
- Athlete may stop and resume the push if required.
- Athlete may reposition their hands while pushing.
- The athlete must remain in control of the sled throughout the movement.
- The sled push must be completed before beginning the sled pull.

The current SheRox standard already establishes the 30 m push, lane requirement and completion of the full push before the pull.

■ PULL

- Athlete must begin from the designated starting position.
- Athlete must pull the sled by gripping their hands on the sled bars while leaning & walking backwards.
- The sled must remain within the designated lane.
- The sled must remain under control throughout the movement.
- Athlete must complete the full 30 m distance.
- The entire sled must cross the designated finishing line before the station is considered complete.
- Athlete may stop and resume the pull if required.
- The sled pull is complete only when the full prescribed distance has been completed.

Duo

- One partner works while the other rests.
- Partners may switch roles at any point.
- The team must complete the full 30 m sled push followed by the full 30 m sled pull.
- The sled must remain within the designated lane.
- The full station must be completed before moving on.

PLATE FARMERS CARRY

Distance

120 M

Load

**5 KG plate in
each hand**

Total load: 10 KG

Movement Standard

- Athlete must begin from the designated starting position.
- Athlete must carry one 5 kg plate in each hand.
- Plates must be carried using a “pinch” grip or any other anchor grip (as comfortable) using the fingers only. Athletes are NOT allowed to hold the plates at the “bore” or the “centre hole” of the weight plate.
- Athlete may stop and rest if required.
- Plates may be placed on the ground during the station.
- The plates must remain under the athlete's control. All athletes must ensure that plates are NOT dropped randomly or rolled out of their working lane causing inconvenience to other athletes. Plates cannot be thrown, slid or pushed along the floor.
- Athlete must pick up both plates before continuing/walking forward.
- Athlete must carry the plates over the full 120 m distance.
- The full prescribed distance must be completed before the athlete leaves the station

Duo

- One partner carries while the other rests.
- Partners may switch roles at any point.
- The working partner carries one 5 kg plate in each hand.
- Plates may be placed down to rest.
- The partners may exchange the plates at any point.
- The full 120 m distance must be completed by the team.

TYRE FLIP

Distance

60 M

Load

60 KG Tyre

Movement Standard

- Tyre must begin flat on the ground at the designated starting line.
- Athlete must use both hands to initiate each tyre flip.
- Athlete must lift and flip the tyre forward.
- The tyre must complete a full rotation before the next flip begins.
- Athlete must continue flipping the tyre in the designated direction.
- Rolling the tyre is NOT permitted.
- Dragging the tyre is NOT permitted.
- The athlete must complete the full 60 m distance.
- The tyre must completely cross the designated finishing line for the station to be complete.

Duo

- One partner works while the other rests.
- Partners may switch roles at any point.
- The working partner performs the tyre flips.
- The tyre must complete a full rotation with each flip.
- Rolling or dragging the tyre is not permitted.
- The full 60 m distance must be completed by the team.

BURPEE BROAD JUMP

Distance

60 M

Movement Standard

Each repetition consists of:

Burpee → Broad jump

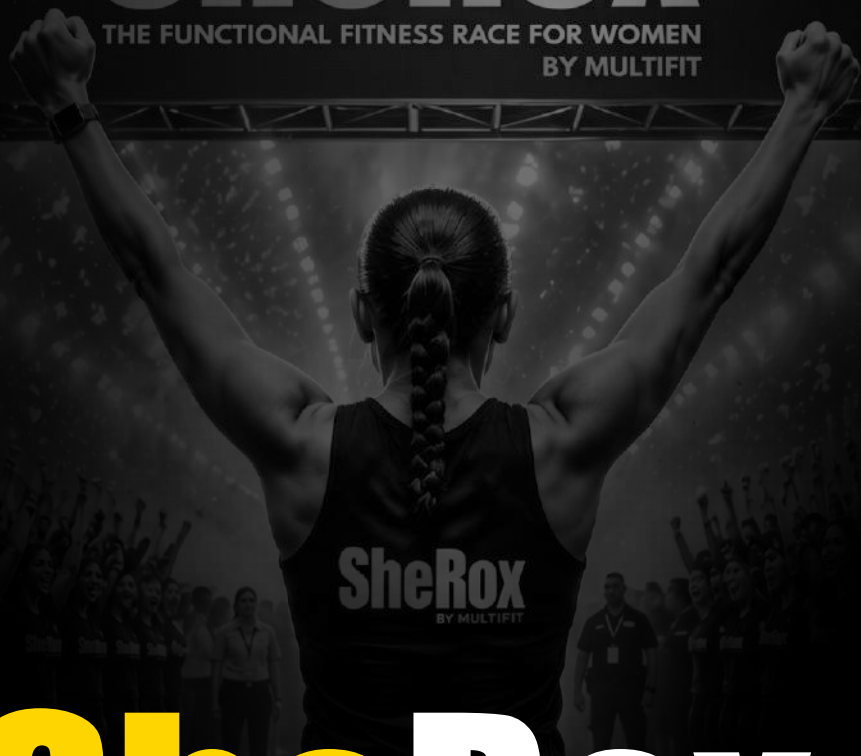
- Athlete begins each burpee from the designated starting position.
- Hands must be placed on the ground within 20 cm from the feet/toes to begin each rep of the burpee.
- Chest must touch the ground.
- Thighs must touch the ground.
- Athlete must return to a standing position.
- Athlete must then perform a broad jump forward with BOTH feet together. NO STAGGERED Jumps allowed.
- The athlete must land under control before beginning the next repetition.
- Athlete continues the sequence of burpee followed by broad jump until the full 60 m distance is completed.
- The athlete must cross the designated finishing line to complete the station.

Duo

- One partner works while the other rests.
- Partners may switch roles at any point.
- The working partner performs the burpee followed by the broad jump.
- Chest and thighs must touch the ground during the burpee.
- The athlete must return on both feet before the broad jump.
- The full 60 m distance must be completed by the team.

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