

THE ROX

INDOOR
ALL LEVELS
REAL PEOPLE

20.02.2027 | A10 CENTER WILDAU

DAS FUNCTIONAL RUN EVENT INDOOR

DOUBLE MIX

1.

600 m RUN
BURPEE BROAD JUMPS

80 m

2.

600 m RUN
WEIGHTED LUNGES

15 kg
• 80 m

3.

600 m RUN
SLAMBALL G20H

15 kg
• 80 WIEDERHOLUNGEN

4.

600 m RUN
NAVY S RUN

24 × 10 m

5.

600 m RUN
HR PUSH-UP

80
WIEDERHOLUNGEN

FINISH

DOUBLE MIX

FÜR ALLE
FITNESSLEVEL