

THE ROX

INDOOR
ALL LEVELS
REAL PEOPLE

20.02.2027 | A10 CENTER WILDAU

DAS FUNCTIONAL RUN EVENT INDOOR

SINGLE RUN WOMEN

1.

600 m RUN
BURPEE BROAD JUMPS

40 m

2.

600 m RUN
WEIGHTED LUNGES

10 kg
• 40 m

3.

600 m RUN
SLAMBALL G20H

10 kg
• 40 WIEDERHOLUNGEN

4.

600 m RUN
NAVY S RUN

12 × 10 m

5.

600 m RUN
HR PUSH-UP

30
WIEDERHOLUNGEN

FINISH

SINGLE RUN WOMEN

FÜR ALLE
FITNESSLEVEL