

# FAQs

HYROX

## 1. WHAT IS HYROX\_什么是HYROX?

HYROX is a global fitness racing competition that combines strength training and endurance running, seamlessly integrating running with various functional training exercises, catering to fitness enthusiasts worldwide who seek comprehensive fitness improvement. Each race consists of 8 km of running and 8 sets of interval functional training (such as rowing machines, burpees, weighted lunges, etc.). HYROX is suitable for participants of all ages and fitness levels.

HYROX是一种结合力量训练和耐力跑步的全球健身跑系列赛事，它巧妙地将跑步与多种体能训练相结合，满足了全球健身爱好者追求综合体能提升的需求。每场比赛包括8公里跑步和8组间隔的功能性训练（如划船机、波比跳、负重箭步蹲等），HYROX适合所有年龄段和体能水平的人参加。

## 2. WHO CAN PARTICIPATE IN HYROX\_谁可以参加HYROX?

HYROX is for everyone, whether you are a beginner or a professional fitness enthusiast. We offer multiple divisions, including OPEN, PRO, DOUBLES and RELAY.

HYROX适合所有人群，无论您是健身初学者还是职业健身爱好者。我们设有多个组别，包括大众组、精英组、双人组和接力组，满足不同水平的需求。

## 3. WHAT ARE THE WORKOUTS IN HYROX\_HYROX的比赛包含哪些训练项目?

HYROX consists of an 8 km run and the following 8 functional training items: Ski Erg, Sled Push, Sled Pull, Burpee Jump, Rowing, Farmers Carry, Lunges, and Wall Balls.

HYROX包括8公里跑步和以下8个功能性训练：滑雪机、推雪橇、拉雪橇、波比跳远、划船机、农夫行走、负重箭步蹲、药球投掷。

## 4. WHEN WILL HYROX BE HELD IN OTHER CITIES\_其他城市的HYROX比赛什么时候举办?

HYROX is expanding globally, and more cities are being planned!

HYROX正在全球扩展，更多城市的赛事正在规划中!

**5. HOW MANY TIMES DO I NEED TO CHECK-IN IF I COMPETE IN MORE THAN ONE RACE\_如果我参加两个组别以上的比赛，需要签到几次？**

If you are competing in more than one division, you can only check-in for one race at a time. Please check-in for your second race only after completing your first race.

如果您参加多个组别的比赛，您一次只能为一场比赛检录，请在完成第一场比赛后，再进行第二场比赛的检录。

**6. THE FOLLOWING ITEMS MAY BE USED DURING THE COMPETITION\_比赛中可以使用**

Knee, Gloves, Weightlifting Belt, Wristbands, Hydration Packs, Medical items, if they are small and fit in pocket that's fine (eg. inhaler).

护膝、手套、举重腰带、腕带、水袋、体积小且可装进口袋的医疗用品，例如吸入器。

**7. THE FOLLOWING ITEMS ARE FORBIDDEN\_比赛期间不可以使用**

Headphones, Lifting Straps, Cell Phones, VR Headsets.

耳机、助力带、手机、VR头盔。

## 8. HOW CAN I QUALIFY FOR THE HYROX WORLD CHAMPIONSHIPS\_如何获得HYROX世锦赛名额?

Spots in the HYROX World Championships are awarded to winners of specific age groups in regional competitions. Qualification details for the HYROX World Championships will be announced before the event.

HYROX世锦赛的名额将授予各赛区比赛中特定年龄组的优胜者，具体世锦赛名额将在赛前公布。

## 9. IS THERE A CUT-OFF TIME FOR HYROX SHANGHAI\_上海站设有关门时间吗?

No, there is no cut-off time for any HYROX race. We will wait until the last participant finishes safely!

HYROX 赛事不设完赛时限，我们会等到最后一位参赛者安全完赛！

## 10. CAN I BRING MY FRIENDS AND FAMILY TO WATCH THE RACE\_是否可以带亲友同行入场观赛?

Yes, you can bring your friends and family to watch the race by purchasing spectator tickets.

可以，比赛提供观众票，您的亲友可以通过购买场赛票进入场为您加油助威。

**11. WHEN CAN RACERS ENTER\_参赛者什么时候可以入场?**

Please refer to the times provided in the athlete guidebook for registration.

请您以选手参赛指南提供的时间为准。

**12. CAN ATHLETES BRING THEIR FAMILY MEMBERS INTO THE RACE FOR FREE\_选手是否可免费携带家人入场?**

No, your family members also need to purchase spectator tickets to enter.

不可以，您的家人也需购买观众票才能入场。

**13. ARE VOLUNTEERS, MEDICAL TEAMS, AND JUDGES RECRUITED FOR HYROX SHANGHAI\_上海站招募志愿者团队、医疗团队和裁判吗?**

Volunteers, medical teams, and referees will be recruited but recruitment is not open to the public at this time.

志愿者、医疗团队和裁判将进行定向招募，以提升参赛体验，暂不对外公开招募。

**14. HOW DO I ENTER\_如何入场?**

There will be multiple check-in lanes outside the race venue, and staff will be available to assist you with the check-in process.

比赛场馆外将设有多个检录通道，工作人员会协助您完成检录流程。

**15. HOW CAN I FIND MY REGISTRATION QR CODE\_如何找我的报名二维码?**

You can find the QR code in [My Orders] under [My Center] in the [HYROX Official mini program].

请您在 [HYROX官方小程序] 的 [个人中心] 的 [我的订单] 处查找您的报名二维码。

**16. CAN I CHANGE MY DIVISION BEFORE THE RACE STARTS\_赛前可以更换组别吗?**

Participants who registered via WeChat before March 28 can change their division and team members.

3月28日前微信端报名的选手可以更换组别和队员。

**17. DO I NEED TO SHOW AN ID CARD OR PASSPORT TO ENTER\_入场需要携带身份证或护照吗?**

Yes.

需要。

**18. CAN ATHLETES BRING PETS INTO THE RACE\_选手可以携带宠物入场吗?**

No, pets are not allowed to enter the race venue.

不可以，比赛场馆内不允许携带宠物。

**19. HOW CAN I CHECK MY RESULTS AFTER THE RACE\_比赛结束后如何查询成绩?**

After the race, you can check your results on [hyrox.com](https://hyrox.com) as soon as they are available.

比赛结束后您可以通过查询网站[hyrox.com](https://hyrox.com)获取您的比赛成绩。

**20. HOW CAN I FIND HYROX OFFICIAL PARTNER GYMS\_如何寻找HYROX合作场馆?**

Please scan the QR code below.

扫描以下二维码。



**21. HOW CAN I GET INFORMATION ABOUT THE RACE\_如何获取赛事相关信息?**

The race assistant will contact you before the event through the phone number or email you provided. You can also check our mini program or the official race website for the latest updates.

赛事小助手会在赛前通过您提供的手机号码或邮箱与您联系。您也可以通过查看我们的小程序或赛事官网获取最新信息。

**22. IF I HAVE A QUESTION, WHERE CAN I CONSULT THE OFFICIAL CUSTOMER SERVICE\_如有问题，在哪可以咨询官方客服?**

You can add the HYROX official WeChat [HyroxOfficial] customer service via the HYROX official mini program. Due to the high volume of inquiries recently, we will respond in order during working hours, so please be patient.

您可以通过HYROX官方小程序添加HYROX官方微信客服 [HyroxOfficial]。由于近期咨询量较大，我们会在工作时间按照顺序进行回复，请您耐心等待。

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