

HYROX Simulation Event — Overview

The HYROX Simulation Event is a functional-fitness challenge modeled after the movement patterns and event flow of a traditional HYROX race. This United States Police and Fire Championships (USPFC) version is intentionally designed as an **inclusive, open-level format** that reflects the physical demands commonly required of police and fire personnel while remaining accessible to participants of all fitness backgrounds.

This event is **not a sanctioned HYROX competition**. It is a USPFC-designed simulation that maintains the spirit of HYROX-style fitness while offering a more approachable, community-focused experience.

Event Concept

The HYROX Simulation incorporates the five foundational HYROX movement categories:

- **Hinge**
- **Pull**
- **Push**
- **Carry**
- **Run**

Participants will complete a sequence of functional stations and running intervals that mirror the structure of a HYROX event. The USPFC format may utilize **abbreviated distances, modified movement options, and open-level weight standards** to ensure broad participation and reduce barriers for new, returning, or recreational athletes.

Format & Adaptations

To promote accessibility, safety, and confidence across all ability levels, the event may include:

- **Reduced running distances** appropriate for an open-level field
- **Modified or alternative movement options** that preserve the intended functional pattern
- **Open-level weight standards** aligned with amateur fitness events
- **Simplified station flow** to support clarity and efficient transitions
- **Optional technique or movement substitutions** for injury prevention and inclusivity

These adaptations maintain the intended challenge of HYROX-style fitness—full-body functional work under sustained effort—while ensuring the event remains welcoming and achievable for a wide range of USPFC competitors.

Movement Categories & Sample Exercise Types

The following examples illustrate the types of movements that may appear in the event. **Final exercises, distances, and weight standards will be released to registered competitors 30 days prior to the event.**

Hinge

Movements emphasizing hip extension and posterior-chain engagement. Examples may include: kettlebell deadlifts, sandbag deadlifts, or hip-hinge variations.

Pull

Upper-body and full-body pulling patterns. Examples may include: rowing ergometer intervals, sled pulls, rope pulls, or upright pulls.

Push

Horizontal or vertical pushing patterns. Examples may include: sled pushes, wall-ball throws, push-press variations, or controlled push movements.

Carry

Loaded carries that reflect real-world occupational demands. Examples may include: farmer's carries, sandbag carries, or front-rack carries.

Run

Running intervals will be integrated into the events. Distances may be abbreviated to support an open-level field.

Sanctioning & Purpose

This event is **not a sanctioned HYROX race**. It is a USPFC-designed simulation intended to:

- Introduce participants to HYROX-style functional fitness
- Provide a safe, supportive environment for testing endurance and movement capacity
- Reflect the real-world physical demands of police and fire service
- Encourage camaraderie, wellness, and confidence through shared challenge