



HYROX TRAINING ZONE

LAYOUT & EQUIPMENT GUIDE

2026/2027

CENTR

HYROX

HYROX Training Club X (HTCx) is the only place where athletes can experience the official HYROX Training Zone. It is the only in-club environment that is officially recognized for HYROX preparation, featuring the Centr x HYROX Official Competition Equipment so athletes can train like they race.

Centr translates race-day standards into scalable, commercially viable gym environments. Through engineered equipment, structured layout principles, and global consistency guidelines, we help you to bring authentic HYROX training into your facilities.

This document outlines the required equipment, quantities, layout parameters, and validation criteria necessary to achieve official HTCx recognition.

The objective is not simply to install equipment, but to create a structured, race-aligned training zone that delivers:

- Consistency with global HYROX competition standards
- Athlete confidence through race-standard equipment
- Operational clarity for commercial gym environments
- A recognizable performance experience inside your facility

Adhering to these requirements ensures that every HTCx location meets the standards set by Centr and HYROX worldwide.

Completion of this checklist is your first step toward official HTCx approval.

For support regarding layout validation or equipment specifications, please contact: hyroxequipment@centr.com

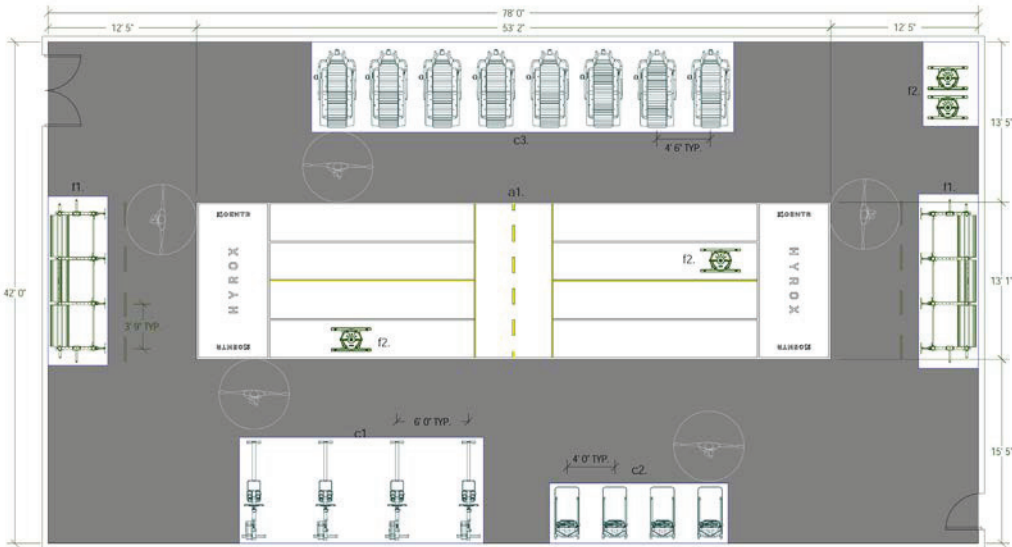


RECOMMENDED LAYOUTS

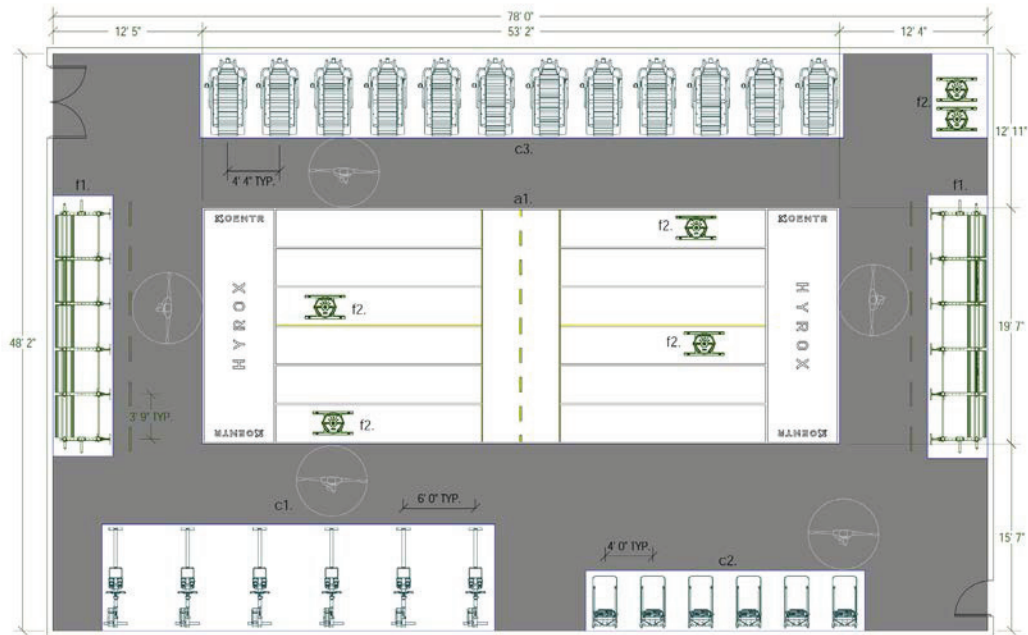
The floor plans below are provided as a guideline for our recommended equipment spacing. These layouts are designed to ensure athletes have safe clearance around each station while allowing group exercise classes to flow smoothly and efficiently.

As every facility is unique, we encourage you to adapt these guidelines to your space while ensuring that all layout requirements are met and that all training areas remain safe, functional, and optimized for an effective workout experience.

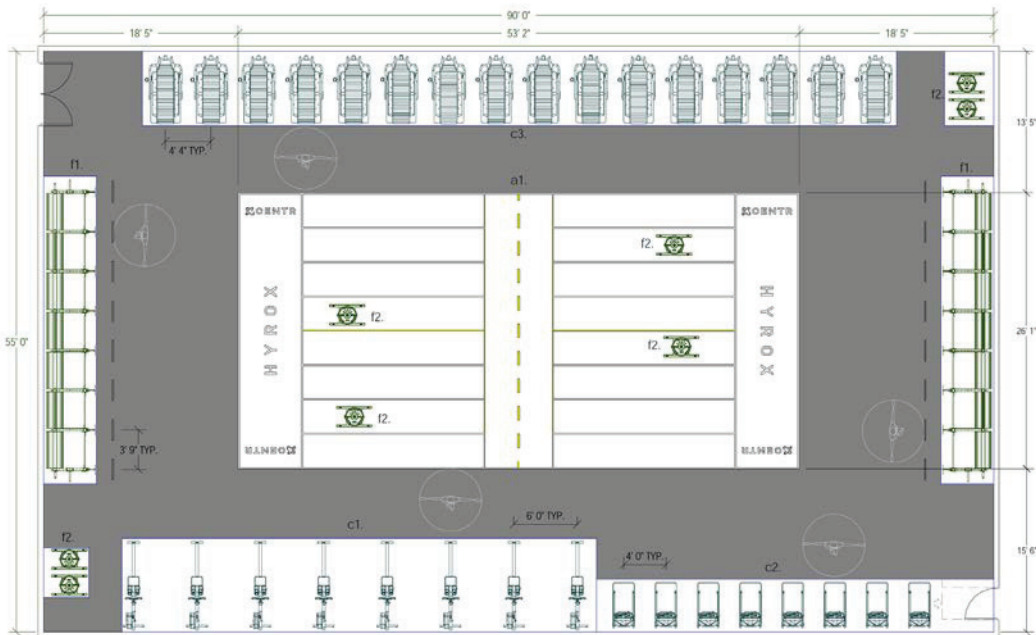
16 PERSON



24 PERSON



32 PERSON



THE MINIMUM SPACE NEEDED FOR A HYROX TRAINING ZONE

Our recommended space guidelines are designed for optimal layout and user experience and are not absolute minimums. However, the minimum required dimensions are as follows:

Minimum Required Space:

- **Total Area:** $\approx 199.5 \text{ m}^2$ ($\approx 2,147 \text{ sq ft}$)
- **Minimum Length:** 19 m ($\approx 62.34 \text{ ft}$)
Based on all Wall Ball Targets being fixed directly to one wall with no storage solution.
- **Minimum Width:** 10.5 m ($\approx 34.45 \text{ ft}$)
This allows for a 4-lane setup (16-person capacity using the Centr Perform Tread).

Recommended Space by Capacity (for optimal layout):

- **16-person capacity:** 3,276 sq ft ($\approx 304.5 \text{ m}^2$)
- **24-person capacity:** 3,760 sq ft ($\approx 349.3 \text{ m}^2$)
- **32-person capacity:** 4,950 sq ft ($\approx 459.9 \text{ m}^2$)

Please note that meeting the minimum square footage alone is not sufficient, ensuring that all minimum requirements are met is equally important for proper functionality and safety. Please speak to your local equipment distributor for these details.

NON-NEGOTIABLE ELEMENTS

(Must Be Maintained)

1. Equipment Positioning

- Rowers and Ski Ergs must be positioned along one length (long side) of the turf.
- Runners must be placed along the opposite length of the turf. (i.e.: All Ski Ergs together, all Rowers together and all running machines together)

Ideally, Ski Erg and Rowers should be positioned on the opposite long side of the turf from the runners. If space constraints prevent this, they may be placed on the same side as the runners, with the Ski Ergs and Rowers split between opposite sides as needed (e.g., runners and Ski Ergs on one side, Rowers on the other, or vice versa)

2. Minimum Spacing Requirements

- From turf to Rower (rear clearance): a minimum clearance of 3.2 ft / 1 m must be maintained.
- From turf to Ski Erg (rear clearance): a minimum clearance of 3.2 ft / 1 m must be maintained.
- From turf to Rower (rear clearance): a minimum clearance of 3.2 ft / 1 m must be maintained.
- Between Rowers: a minimum spacing of 6 ft / 1.8 m between each unit must be maintained.

3. Coach Visibility (360°)

When standing at the center of the turf, the coach must have clear, unobstructed visibility of all stations, including:

- Runners
- Wall Ball Targets
- Ski ERGS / Row ERGS
- Any floor space used for group exercise or functional training

There must be no blind spots!

4. Turf Specifications

- The setup must use 4-lane, 6-lane, or 8-lane Competition or HTCx Turf.
- No adjustments to the turf length are permitted.

5. Wall Ball Targets

- Wall Ball Targets must be positioned at the end of the turf.
- A minimum clearance of 6.5 ft / 2 m must be maintained between the end zone line and the wall ball targets.
- Wall Ball Targets must be set at the height 9 feet (2.7m) for women and 10 feet (3m) for men.

6. Workout Display Screen

- A minimum of one screen must be installed to display the workout. This screen should be positioned so it is clearly visible during the pre-session athlete briefing ("huddle").

ADJUSTABLE ELEMENTS

(Design Flexibility Allowed)

Our recommended space guidelines are designed for optimal layout and user experience and are not absolute minimums. However, the minimum required dimensions are as follows:

1. Sled Lanes

- In accordance with the HTZ equipment package, the minimum number of lanes required to meet HTZ specifications must be the Official Competition Turf.
- Additional sled lanes may be purchased, provided that minimum spacing requirements for surrounding equipment are maintained.

2. Orientation

- Equipment does not need to be positioned strictly parallel to the turf or walls.
- Angled or staggered layouts are permitted, provided that spacing and visibility requirements are met.

3. Wall Ball Targets

- Wall ball targets may be positioned at one end of the turf, provided that:
 - › The minimum required number of targets is installed, and
 - › The minimum required clearance between the end zone and the targets is maintained.
- Wall ball targets may be positioned parallel to the end zone or horizontally.
- A parallel-to-end-zone layout is preferred, if space allows

4. Rowers

- Where possible, a minimum clear spacing of 1.8 m (6 ft) shall be provided between each rowing machine. This spacing allows for partner workouts and enables a second user to train safely within the shared space between units. Where this lateral spacing cannot be achieved, the required clearance may be provided behind the rowing machine. In such cases, a minimum clear distance of 1.8 m shall be maintained from the rear of the rowing machine to the edge of the turf.

EQUIPMENT CHECK LIST

	PRODUCT	16 PERSON QTY	✓	24 PERSON QTY	✓	32 PERSON QTY	✓
OPTIONAL	Perform Tread	8		12		16	
	Perform Rig	HPR-4T		HPR-6T		HPR-8T	
CHOOSE ONE	Perform Turf						
	2-Lanes w/ End Zones (HTURF4)	2		3		4	
	HTCx Kit	HTZ-4 Lane		HTZ-6 Lane		HTZ-8 Lane	
	Concept 2 Row erg	4		6		8	
	Concept 2 Ski Erg	4		6		8	
	Rig Target <i>Order if not ordering Perform Rig as the Perform Rig includes Rig Targets</i>	8		12		16	
	Octo Kettlebell 8 kg	6		8		12	
	Octo Kettlebell 12 kg	6		8		12	
	Octo Kettlebell 16 kg	12		18		24	
	Octo Kettlebell 20 kg	6		8		12	
	Octo Kettlebell 24 kg	12		18		24	
	Octo Kettlebell 28 kg	6		8		12	
	Octo Kettlebell 32 kg	12		18		24	
	Wall Ball 2 kg	3		6		8	
	Wall Ball 4 kg	6		9		12	
	Wall Ball 6 kg	6		9		12	
	Wall Ball 9 kg	6		9		12	
	Wall Ball 12 kg	3		6		9	
	Sandbag 10 kg	6		9		12	
	Sandbag 20 kg	6		9		12	
	Sandbag 30 kg	6		9		12	
	Power Sled	4		6		8	
	Power Rope	8		12		16	
	Interlocking Bumper Plate 2 kg	4		6		8	
	Interlocking Bumper Plate 3 kg	4		6		8	
	Interlocking Bumper Plate 5 kg	4		6		8	
	Interlocking Bumper Plate 10 kg	4		6		8	
	Interlocking Bumper Plate 15 kg	4		6		8	
	Interlocking Bumper Plate 20 kg	4		6		8	
	Interlocking Bumper Plate 25 kg	28		42		56	
	Dumbbells 5 kg	6		8		12	
	Dumbbells 7.5 kg	8		12		12	
	Dumbbells 10 kg	12		16		22	
	Dumbbells 12.5 kg	8		12		12	
	Dumbbells 15 kg	8		12		12	
	Dumbbells 17.5 kg	8		12		12	
	Dumbbells 20 kg	6		8		12	
	Dumbbells 22.5 kg	6		8		12	
	Dumbbells 25 kg	6		8		12	

LAYOUT CHECKLIST

1. Equipment Positioning

- ☐ Rowers and Ski Ergs must be positioned along one length (long side) of the turf.
- ☐ Runners must be placed along the opposite length of the turf.

2. Minimum Spacing Requirements

- ☐ Turf to Runner (rear clearance) is ≥ 3.2 ft / 1 m
- ☐ Turf to Ski Erg / Rower (rear clearance) is ≥ 3.2 ft / 1 m
- ☐ Turf to Rower (rear clearance) is ≥ 3.2 ft / 1 m
- ☐ Spacing between Rowers is ≥ 6 ft / 1.8 m

3. Coach Visibility (360°)

When standing at the center of the turf, the coach must have clear, unobstructed visibility of all stations, including:

- ☐ Runners
- ☐ Wall Ball Targets
- ☐ Ski Ergs / RowersW
- ☐ Floor space used for group exercise or functional training
- ☐ No blind spots present

4. Turf Specifications

When standing at the center of the turf, the coach must have clear, unobstructed visibility of all stations, including:

- ☐ The setup must use 4-lane, 6-lane, or 8-lane Competition or HTCx Turf
- ☐ No adjustments to the turf length

5. Wall Ball Targets

- ☐ Targets are positioned at the end of the turf
- ☐ Clearance from end zone line is ≥ 6.5 ft / 2 m
- ☐ Target heights are set to:
 - ☐ 9 ft (2.7 m) for women
 - ☐ 10 ft (3 m) for men

6. Workout Display Screen

- ☐ At least one screen is installed
- ☐ Screen is clearly visible during the pre-session huddle