



SANDBAG LUNGES

Unilateral strength endurance when the legs are already carrying the race.

OFFICIAL 26/27 RACE SNAPSHOT

100 m | Station 7 | Alternating lunges; back knee touches

CATEGORY	STANDARD
Women Open / Doubles Women	10 kg
Women Pro / Men Open / Doubles Men / Mixed	20 kg
Men Pro / Doubles Men Pro	30 kg

WHAT THIS STATION ACTUALLY TESTS

Unilateral strength endurance, pelvic control, knee and ankle capacity, trunk stiffness under axial load, and recovery into the final run.

PRIMARY MUSCLES	SUPPORTING SYSTEM	PERFORMANCE DEMAND
Quadriceps, gluteals, adductors	Hamstrings, calves, trunk, hip abductors, foot and ankle stabilizers	High local leg fatigue late in the race. The station magnifies small balance, mobility, and force-endurance limitations.



READ THE SIGNAL

A split tells you where time was lost. This page helps you test why.

WPL DIAGNOSTIC RULE

Treat each pattern as a hypothesis, not a diagnosis. Verify it with a controlled test, video, comparable surface/equipment, and the run that follows.

OBSERVED SIGNAL	POSSIBLE LIMITER	HOW TO VERIFY
Cadence fades despite stable breathing	Local unilateral strength endurance	Compare first and final 25 m times
Balance steps between reps	Frontal-plane control or foot/ankle stability	Video front view; split-squat balance test
Cannot reach knee cleanly	Mobility, control, pain, or load issue	Unloaded reverse-lunge screen each side
Torso folds under bag	Trunk endurance or bag-position strategy	Compare front/back bag positions in training
Run 8 becomes a shuffle	Peripheral fatigue or poor station-to-run tolerance	50 m lunge + 1,000 m run test

WHAT STRENGTH LOOKS LIKE

Stable pelvis, full knee touch, tall finish every rep, no extra steps, constant stride length, and a controlled transition to Run 8.

WHAT DESERVES INVESTIGATION

Knee misses, incomplete hip extension, narrow unstable steps, bag shifting, extra shuffles, or a large final-run deterioration.



MOVE WELL. SAVE ENERGY.

Race-standard execution, useful substitutes, and the limits of each substitute.

TECHNIQUE PRIORITIES

- Set the bag securely and keep the trunk stacked.
- Step far enough to create a stable base without overstriding.
- Touch the trailing knee clearly and stand fully each rep.
- Alternate legs and avoid extra steps between lunges.
- Use a steady exhale on the rise and preserve cadence.

COMMON PERFORMANCE LEAKS

- Back knee does not clearly touch the floor.
- Failing to extend knees and hips at the top.
- Shuffling or stepping between repetitions.
- Allowing the bag to rest on another surface.
- Starting a new lane before both feet are behind the line.

TRAIN IT WITHOUT THE EXACT STATION

MATCH THE STIMULUS - DO NOT PRETEND IT IS IDENTICAL

OPTION	BEST MATCH	PRACTICAL DOSE	WHAT IT DOES NOT REPLACE
Backpack walking lunge	Closest loaded movement pattern	5 x 20 m	Load position differs
Dumbbell front-rack lunge	Unilateral force + trunk	4 x 10 each side	Less race-specific bag control
Rear-foot split squat	Single-leg strength reserve	4 x 6-10 each side	No locomotion
Step-up	Unilateral extension endurance	4 x 12 each side	No knee-touch standard

PROGRAMMING PRINCIPLE

A substitute is useful only when its purpose is named. Combine one movement-pattern option with one force/endurance option and, when needed, a separate metabolic interval. Re-test on the real station before race day.



WPL STATION INTELLIGENCE

TRAIN BY SCIENCE. PERFORM WITH STRATEGY.

BUILD. COMPROMISE. RE-TEST.

Two practical sessions plus a repeatable race-execution plan.

STATION BUILDER

- 5 x 20 m at race load; 60-90 s rest.
- Keep rep count and time consistent across sets.
- Then 3 x 8 rear-foot split squats each side.
- Use video on the final set to confirm depth and full extension.

COMPROMISED PERFORMANCE

- 4 rounds: 500 m run + 25 m Sandbag Lunge.
- Rest 90 s after the lunges.
- Record lunge cadence and first 200 m of the next run.
- Stop if knee-touch control or alignment deteriorates sharply.

RACE EXECUTION

ENTER

Select the correct bag, stand tall behind the line, and secure a position you can maintain.

WORK

Use consistent steps, clear knee touches, and complete extension. Shorten stride slightly before balance fails.

EXIT

Cross fully, return the bag correctly, then use a high-cadence shuffle before lengthening Run 8 stride.

BENCHMARK AND RECORD

100 m at race load or 4 x 25 m with short turn transitions. Record total time, rep count, no-rep faults, side differences, and first 400 m of Run 8. Improvement is consistent cadence with legal reps and a smaller run slowdown.

SOURCES

HYROX Single Rulebook 26/27: https://maintain.hydrox.com/rulebooks/HYROX_RulebookSingles_EN.pdf

HYROX Doubles Rulebook 26/27: https://maintain.hydrox.com/rulebooks/HYROX_RulebookDoubles_EN.pdf