



FIND YOUR HYROX LIMITER

Coaching-grade software that finds the one thing holding back your HYROX time, and builds the weekly plan to fix it.

WHAT IT IS

LimiterIQ assesses a HYROX athlete across the systems that actually decide a race, names the single limiter costing them the most time, then builds a weekly plan to train it and keeps adapting as they improve.

HOW IT WORKS

1 ASSESS

A few minutes of questions across the systems that decide a race. Instant scorecard with your primary and secondary limiter. Free.

2 PLAN

A weekly, limiter-first plan on a smart calendar, built around what is actually slowing you down.

3 EXECUTE & ADAPT

Run each session with a start-gate check, log it, and a weekly check-in shapes your next week.

**TRAIN YOUR LIMITER,
NOT YOUR STRENGTHS.**

FAST FACTS

CATEGORY

HYROX performance-coaching software (web app)

WHAT IT DOES

Finds your biggest HYROX limiter and builds a weekly plan to fix it

PRICING

Free assessment + scorecard. Founding Athlete A\$29/month, 7-day free trial, founding rate locked for life, first 100 members

PLATFORM

Web (mobile + desktop)

FOUNDER

Tyson, founder, HYROX athlete & coach

BASED IN

Adelaide, South Australia

FOUNDED

2026

WEBSITE

limiteriq.com (confirm)

CONTACT

hello@limiteriq.com (confirm)

TALKING POINTS

- It names the one thing to fix, not fifty things to do.
- Coaching-grade programming for everyday athletes, not just elites.
- Honest by design: clear estimates, no fake numbers, no medical claims.
- Adapts weekly through a built-in check-in loop.
- Built by an athlete who races what he programs.