

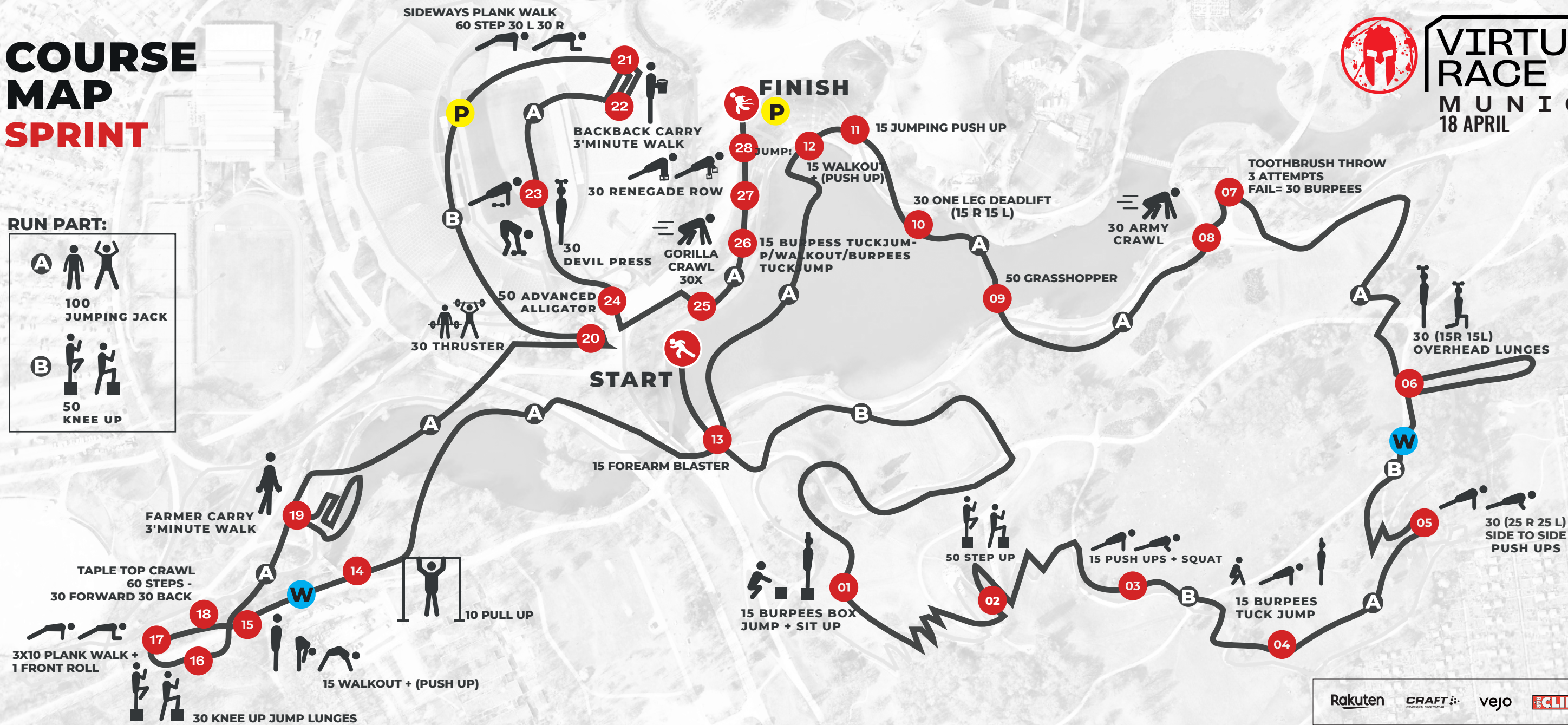
COURSE MAP

SPRINT



VIRTUAL RACE
MUNICH
18 APRIL

RUN PART:



LEGEND OBSTACLES

● RUN PARTS ● OBSTACLES

- | | | |
|---------------------------------|---|--|
| START | 10. 30 ONE LEG DEADLIFT | 20. 30 THRUSTER |
| B 50 KNEE UP 50 | 11. 15 JUMPING PUSH UP | P PHOTO POINT: SMILE! |
| 1. 15 BURPEES BOX JUMP + SIT UP | 12. 15 WALKOUT + (PUSH UP) | B 50 KNEE UP |
| 2. 50 STEP UP | A 100 JUMPING JACK | 21. SIDEWAYS PLANK WALK 60 STEP 30 L 30 R |
| 3. 15 PUSH UP + SQUAT | 13. 15 FOREARM BLASTER | 22. BACKPACK CARRY 3' MINUTE WALK |
| B 50 KNEE UP | A 100 JUMPING JACK | A 100 JUMPING JACK |
| 4. 15 BURPEES TUCK JUMP | 14. 10 PULL UP | 23. 30 DEVIL PRESS |
| A 100 JUMPING JACK | W W2-drink a glass of water in reverse | 24. 50 ADVANCED ALLIGATOR |
| 5. 30 SIDE TO SIDE PUSH UP | 15. 15 WALKOUT + (PUSH UP) | 25. 30 SIDEWAYS GORILLA CRAWL |
| B 50 KNEE UP | 16. 30 KNEE UP JUMP LUNGES | A 100 JUMPING JACK |
| W W1 - Rehydrate yourself | 17. PLANK WALK + FRONT ROLL 3 ROUND 10 STEPS FORWARD + 1 SUMERSAULT | 26. 15 BURPEES TUCK JUMP - 15 WALKOUT - 15 BURPEES TUCK JUMP |
| 6. 30 OVERHEAD LUNGES | 18. TABLE TOP CRAWL 60 STEPS - 30 FORWARD 30 BACK | 27. 30 RENEGADE ROW |
| A 100 JUMPING JACK | A 100 JUMPING JACK | 28. JUMP |
| 7. 3 TOOTHBRUSH - THROW | 19. FARMER CARRY(3' WALKING) | P PHOTO POINT: SMILE & AROO AROO AROO! |
| 8. 30 ARMY CRAWL | A 100 JUMPING JACK | |
| A 100 JUMPING JACK | | |
| 9. 50 GRASSHOPPER | | |
| A 100 JUMPING JACK | | |

MATERIALS

SUGGESTED WEIGHTS:
WOMEN: 6-10Kg / MEN: 10-15Kg

MATERIALS

BOX JUMP: (BED, CHAIR, BOX)
You don't have a box jump at home? Of course you are allowed to jump on the sofa!

DUMBBELL/KETTLEBELL: (HEAVY BACKPACK, WATER BOTTLES, HEAVY BOOKS)
Books can be very useful for your brain and your arms.

FOREARM BLASTER! (STICK, WATER BOTTLES, ROPE)
Take a stick, a bottle of water, a rope, put everything together and twist! Missing a rope? Go for your shoe laces!

TOOTHBRUSH - THROW (TOOTHBRUSH AND 20 CM POT)
Your toothbrush is your spear. A pot is your target. Train for your next Spear-Throw.

SANDBAG CARRY/FARMER CARRY: SHOPPINGBAG / HEAVY BACKPACK
A back pack can carry much more than you have ever thought. Be creative.

PULL UP: PULL UP BAR (TABLE, DESK, STICK AND CHAIR)
Did you know that you can do a pull up without a bar? Go under your table, lay on the ground, hang your hands on the top and pull yourself up!

More Info

