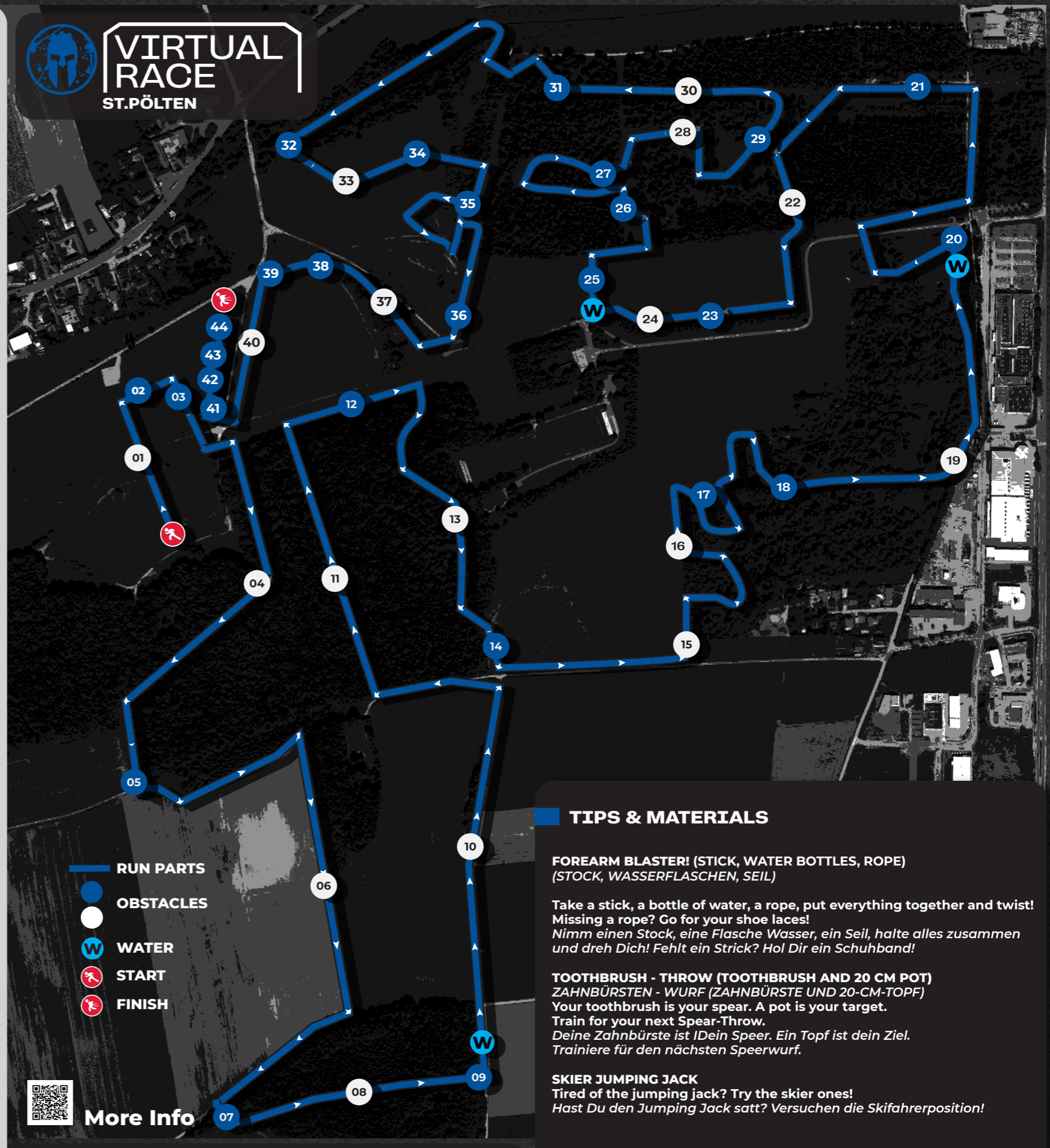


OBSTACLES NR.	REPS	VIRTUAL OBSTACLES	OBSTACLES
1	50	KNEE UP	RUNNING DOWNHILL
2	50	PLANK TOE TOUCH	ROLLING MUD
3	15	1 PUSH UP + 1 SQUAT	OUT
4	50	EASY JUMPING LUNGES	TRAIL
5	50	ARMY CRAWL	INVERTED WALL
6	100	JUMPING JACKS	RUNNING FLAT
7	15	1 FOREARM BLASTER (UP + DOWN)	ROPE CLIMB
8	50	JUMPING JACKS	RUNNING FLAT
9	15	PULL UPS	MONKEY BARS
W1		DRINK	AID STATION
10	50	JUMPING JACKS	RUNNING FLAT
11	50	EASY JUMPING LUNGES	TRAIL
KG 12	30 (15R, 15L)	SNATCH	TWISTER
13	50	EASY JUMPING LUNGES	TRAIL
14	4	1 JUMP + 1 FRONT ROLL	OUOU
15	50	JUMPING JACKS	RUNNING FLAT
16	30	EASY JUMPING LUNGES	TRAIL
KG KG 17	1,30"	BACKPACK CARRY	CHAIN CARRY
18	30	SIDE PLANK WALK	OLYMPUS
19	50	EASY JUMPING LUNGES	TRAIL
W2		DRINK	AID STATION
20	30	TABLE TOP CRAWL	BEATER
21	20	WALKOUT + PUSH UP	A FRAME BIG
22	100	JUMPING JACKS	RUNNING FLAT
23	30	GORILLA CRAWL	STAIRWAY TO SPARTA
24	100	JUMPING JACKS	RUNNING FLAT
W3		DRINK	AID STATION
KG 25	15	THRUSTER	HERCULES HOIST
KG 26	30 (15R, 15L)	OVERHEAD LUNGES	ATLAS CARRY
KG KG 27	1,30"	SHOPPINGBAG CARRY	SANDBAG CARRY
28	50	EASY JUMPING LUNGES	TRAIL
KG 29	20	RUSSIAN TWIST	BENDER
30	50	EASY JUMPING LUNGES	TRAIL
KG 31	20	PULLEY	PLATE DRAG
32	15	BURPEE TUCK JUMP	7FT WALL
33	50	KNEE UP	RUNNING DOWNHILL
34	3 (FAIL=15 BURPEES)	TOOTHBRUSH THROWING	SPEAR THROW
KG KG 35	1,30"	KILLY POSITION	BUCKET CARRY
36	3	10 PLANK WALK + 1 ROLL	VERTICAL CARGO
37	50	KNEE UP	RUNNING UPHILL
38	15	JUMPING PUSH UP	MULTI RIG
39	20	SIDE TO SIDE PUSH UP	Z WALL
40	50	KNEE UP	RUNNING DOWNHILL
41	50	BEAR CRAWL	BARBEWIRE CRAWL
42	40	PLANK JUMPING JACKS	DUNK WALL
KG KG 43	30	RENEGADE ROW	SLIP WALL
44	1	JUMP	FIRE JUMP



TIPS & MATERIALS

FOREARM BLASTER! (STICK, WATER BOTTLES, ROPE)
 (STOCK, WASSERFLASCHEN, SEIL)

Take a stick, a bottle of water, a rope, put everything together and twist!
 Missing a rope? Go for your shoe laces!
 Nimm einen Stock, eine Flasche Wasser, ein Seil, halte alles zusammen und dreh Dich! Fehlt ein Strick? Hol Dir ein Schuhband!

TOOTHBRUSH - THROW (TOOTHBRUSH AND 20 CM POT)
 ZAHNBÜRSTEN - WURF (ZAHNBÜRSTE UND 20-CM-TOPF)
 Your toothbrush is your spear. A pot is your target.
 Train for your next Spear-Throw.
 Deine Zahnbürste ist Dein Speer. Ein Topf ist dein Ziel.
 Trainiere für den nächsten Speerwurf.

SKIER JUMPING JACK
 Tired of the jumping jack? Try the skier ones!
 Hast Du den Jumping Jack satt? Versuchen die Skifahrerposition!

SUGGESTED WEIGHTS / VORGESCHLAGENE GEWICHTE :

KG WOMEN / Frauen: +6kg / MEN / Männer: +10kg
 KG KG WOMEN / Frauen: +10kg / MEN / Männer: +15kg



More Info

