

OBSTACLE SURVIVAL GUIDE



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OBSTACLE OVERVIEW

BARBED WIRE CRAWL

WALL CLIMB

ROPE CLIMB

HERCULES HOIST

BUCKET BRIGADE

**APPENDIX:
BODYWEIGHT EXERCISES**

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Published by Spartan Press, Boston, MA USA



Consider this a burpee avoidance manual; a survival guide.

We break down the fundamentals needed to be successful at each of our Signature Spartan Obstacles. We can't do the obstacles for you, but we are happy to show you the way through them.

Just follow our lead and keep going.

"The best way out is always through."

-Robert Frost



BARBED WIRE CRAWL

To be successful at the barbed wired crawl you need to...

Be agile and mobile.

Perfect staying low.

Practice bear crawls.

Not overuse a single side; that can lead to cramping.

Barbed Wire Conditioning WOD 1.0

WARM-UP

Dynamic warm-up –
3 movements x 2 at 25 yards each.

Jump rope/jog 5-10 minutes.
Work up a sweat.

MAIN SET

4 x 25 yard bear crawl. Forward and backward. Recover as needed.

Mountain climbers 1 minute.
Repeat 3 times.

1 minute plank. Repeat 3 times.

4 x 25 yard army crawl.

Rest 30 seconds to 1 minute
between exercises. Repeat main set
2-3 times.

COOL DOWN

Stretch



WALL CLIMB

To be successful at the Wall Climb you need to...

Be strong and nimble.

Jump, grab, pull, and maneuver (in that order).

Master explosive movements.

Consider racing with a team.

Wall Climb Conditioning WOD 1.0

Note: if you cannot perform pull-ups or dips, revert to “jumping” versions of each

WARM-UP

Dynamic warm-up – 3 movements x 2 at 25 yards each.

Jumping jacks/jump rope/jog 5-10 minutes. Work up a sweat.

MAIN SET

1 minute box jumps.

1 minute mountain climbers.
Repeat 3 times.

1 minute dips.

1 minute pull-ups.

Repeat main set 3-5 times.

COOL DOWN

Stretch



ROPE CLIMB

To be successful at the Rope Climb you need to...

Work on your grip.

Hang a rope in your back yard.

Throw a towel over a pull up bar frequently and hang to improve your grip strength.

Rope Climbing Conditioning WOD 1.0

WARM-UP

Dynamic warm-up – 3 movements
x 2 at 25 yards each.

Jump rope/jog 5-10 minutes.
Work up a sweat.

MAIN SET

1 minute pull-ups

1 minute mountain climbers

1 minute sit ups

Rest 30 seconds after each
exercise.

Repeat main set 3-5 times.

COOL DOWN

Stretch



HERCULES HOIST

To be successful at the Herc Hoist you need to...

Drape a towel over your pull up bar and do pull-ups gripping the towel

Strengthen your core

Work to keep yourself rooted to the ground

Drag heavy objects with a rope, or even having a tug-o-war with friends.

Hercules Hoist Conditioning WOD 1.0

WARM-UP

Dynamic warm-up – 3 movements x 2 at 25 yards each.

Jump rope/jog 5-10 minutes.
Work up a sweat.

MAIN SET

1 minute squats

1 minute pull-ups

1 minute hanging leg raises

1 minute sit ups

Rest 30 seconds after each exercise. Repeat main set 3-5 times.

COOL DOWN

Stretch



BUCKET BRIGADE

To be successful at the Bucket Brigade you need to...

Fill a bucket and lug it around

On race day try to carry the bucket the entire distance without resting

If you do need breaks, commit to carrying the bucket very specific distances and stick with those targets (look for rocks, trees, stumps, for reference)

Interlock your fingers as this will add considerable strength to your grip.

Bucket Brigade Condition 1.0

WARM-UP

Dynamic warm-up – 3 movements x 2 at 25 yards each.

Jump rope/jog 5-10 minutes.
Work up a sweat.

MAIN SET

1 minute bodyweight squats

1 minute planks

1 minute sandbag or bucket carries

Rest 30 seconds after each exercise. Repeat main set 3-5 times.

COOL DOWN

Stretch

APPENDIX:

BODYWEIGHT EXERCISES

BEAR CRAWL

Facing downward and keeping your head and neck in neutral alignment, start on all fours so your hands and feet are in contact with the ground.

Keeping low to the ground, crawl forward like a bear by flexing the arm and hip on one side of the body while simultaneously extending the arm and hip on the other side of the body.

Crawl forward for the desired length and then crawl backward to starting position.

BODYWEIGHT SQUATS

Stand with a narrow stance and feet flared. (Most people find a 15-30-degree foot flare most comfortable, but this depends on individual hip anatomy).

Place the hands in a mummy position (crossed in front of the body) or create a counterbalance effect by raising your arms as you descend (this keeps emphasis away from the weaker knee joint and toward the stronger hip joint).

Initiate the movement by simultaneously breaking at the knees and hips and dropping straight down.

Keep the weight on the whole foot, keep the chest up, and force the knees out of the bottom of the movement so that the knees track over the middle of the feet.

Descend as deeply as possible while keeping a flat lower back.

Rise to a standing position.

BOX JUMPS

Stand facing the box/platform about an arm's length away with arms at side.

Slightly bend legs, use arms to assist in the upward burst.

Jump up and on to the box landing both feet at the same time.

Absorb the landing with a slight bend in the knees.

Jump back down off the box.

Repeat.

BURPEES

From a standing position, squat and place your palms on the floor.

Kick the feet back and land in a push-up position.

Perform a push-up with proper form (chest to the ground while keeping back straight).

Kick the feet forward under the hips and land in a squat position.

Explode up with a jump as high as possible while reaching to the sky.

Repeat.

HANGING LEG RAISES

Hang from a chin-up bar or sturdy rafter with palms forward and hands about shoulder-width apart,

While keeping the legs straight, raise the legs by flexing at the hips until the hips and knees are at 90° angles.

Lower the legs to starting position.

Repeat.

HOLLOW HOLD

Lying down on back with hands over head and legs straight out. Contract abs, lift arms and legs about 1 foot off the ground and hold.

JUMPING JACKS

Stand with the arms to the sides and feet about hip-width apart.

Jump up while spreading the legs apart and raising the arms to the sides until they reach overhead.

Land and then spring back to starting position, bringing the legs back together and lowering the arms.

LUNGES

Get in a split-stance position wide enough so your front shin is vertical at the bottom of the lunge.

Place hands on the hips and keep feet pointed straight ahead.

Keeping the torso upright, descend until the back knee approaches or touches the ground.

Return to starting position.

Repeat with other leg.

MOUNTAIN CLIMBERS

From a standing position, bend over and place your palms on the floor.

Sink the hips down and straighten out one leg behind the body.

Alternate between jumping one leg forward by flexing the hip and kicking the other leg back by extending the hip in a climbing maneuver.

Repeat.

PLANK

Form a pillar or bridge by supporting your body in a prone position with

only the feet and forearms touching the ground.

Keeping the body in a straight line with the elbows directly beneath the shoulders, the hands flat on the floor or clasped, and the head looking down, forcefully contract the quads and glutes.

Hold for time.

PULL-UPS

If a standard chin-up bar is available, that is always preferred option. Otherwise, lace your hands over the top edge of a sturdy door or tree limb with a pronated grip (palms facing away from the body) and position your body flush against the door.

Raise your body as high as you can while keeping a straight line from the shoulders to the knees.

Lower to starting position and repeat.

PUSH UPS

Place your hands at slightly wider than shoulder width and have your feet close together on the ground and have body in a straight line concentrating on a straight back.

Have your arms at a 45° angle with hands placed directly under the elbows.

Keep your body tight and lower yourself until your chest touches the ground.

Reverse the movement and raise your body back up.

Repeat.

RUNNING

Running is a faster walk. Think of it as this and with a couple tweaks you will be running like an elite Spartan.

Tips to remember while Running:

Wear proper footwear.

Run in an upright position avoiding excessive forward lean.

Keep back as straight as it is comfortable and keep head up.

Land on the heel of the foot and rock forward to drive off the ball of the foot.

Breathe deeply with mouth open.

STRETCHING

Stretching requires movement of a body segment to a point of resistance in the range of motion. At this point in resistance, force is applied. This stretching movement can be done either actively or passively. Active stretching occurs when the person stretching supplies the force to the stretch. Passive stretching occurs when a partner or stretching machine provides external force to cause a stretch.

Dynamic Stretching is one of two of the best types of stretch to use. Dynamic Stretching is a functional stretching exercise that uses sport specific movements to prepare the body for activity. Static stretching is slow and constant, with the end position held for 30 seconds.

Yoga is a great stretching activity and is strongly encouraged.

