



KEY



OBSTACLE GUIDE

- 1 OVER WALLS (4' WALLS) ●●
- 2 HURDLES ●●
- 3 7' WALL ●●
- 4 OLYMPUS ●●
- 5 BEATER ●●
- 6 THE BOX ●●
- 7 STAIRWAY TO SPARTA ●●
- 8 TWISTER ●●
- 9 BENDER ●●
- 10 6' WALL ●●
- 11 INVERTED WALL ●●
- 12 BUCKET CARRY ●●
- 13 OVER UNDERS ●●
- 14 VERTICAL CARGO ●●
- 15 SEZZLE SPEAR THROW ●●
- 16 SANDBAG CARRY ●●
- 17 MONKEY BARS ●●
- 18 ATLAS CARRY ●●
- 19 HERCULES HOIST ●●
- 20 ROPE CLIMB ●●
- 21 PLATE DRAG ●●
- 22 HELIX ●●
- 23 Z WALLS ●●
- 24 TITAN FITNESS MULTI-RIG ●●
- 25 BARBED WIRE CRAWL ●●
- 26 CRAFT A-FRAME CARGO ●●
- 27 SLIP WALL ●●

