

KEY



OBSTACLE GUIDE

- 1

HURDLES
- 2

OVER WALLS (4' WALLS)
- 3

OVER UNDERS
- 4

6' WALL
- 5

ROPE CLIMB
- 6

INVERTED WALL
- 7

BARBED WIRE CRAWL
- 8

MONKEY BARS
- 9

8' WALL
- 10

BALANCE BEAM
- 11

TYROLEAN TRAVERSE
- 12

BARBED WIRE CRAWL #2
- 13

SANDBAG CARRY
- 14

PLATE DRAG
- 15

7' WALL
- 16

STAIRWAY TO SPARTA
- 17

APE HANGER
- 18

BENDER
- 19

OLYMPUS
- 20

CHAIN CARRY
- 21

TILTING LADDER
- 22

TWISTER
- 23

VERTICAL CARGO
- 24

CAPITOL A-FRAME CARGO
- 25

BUCKET CARRY
- 26

HERCULES HOIST
- 27

MULTI-RIG
- 28

HELIX
- 29

SANDBAG CARRY #2
- 30

ATLAS CARRY
- 31

Z WALL
- 32

SPEAR THROW
- 33

SLIP WALL

