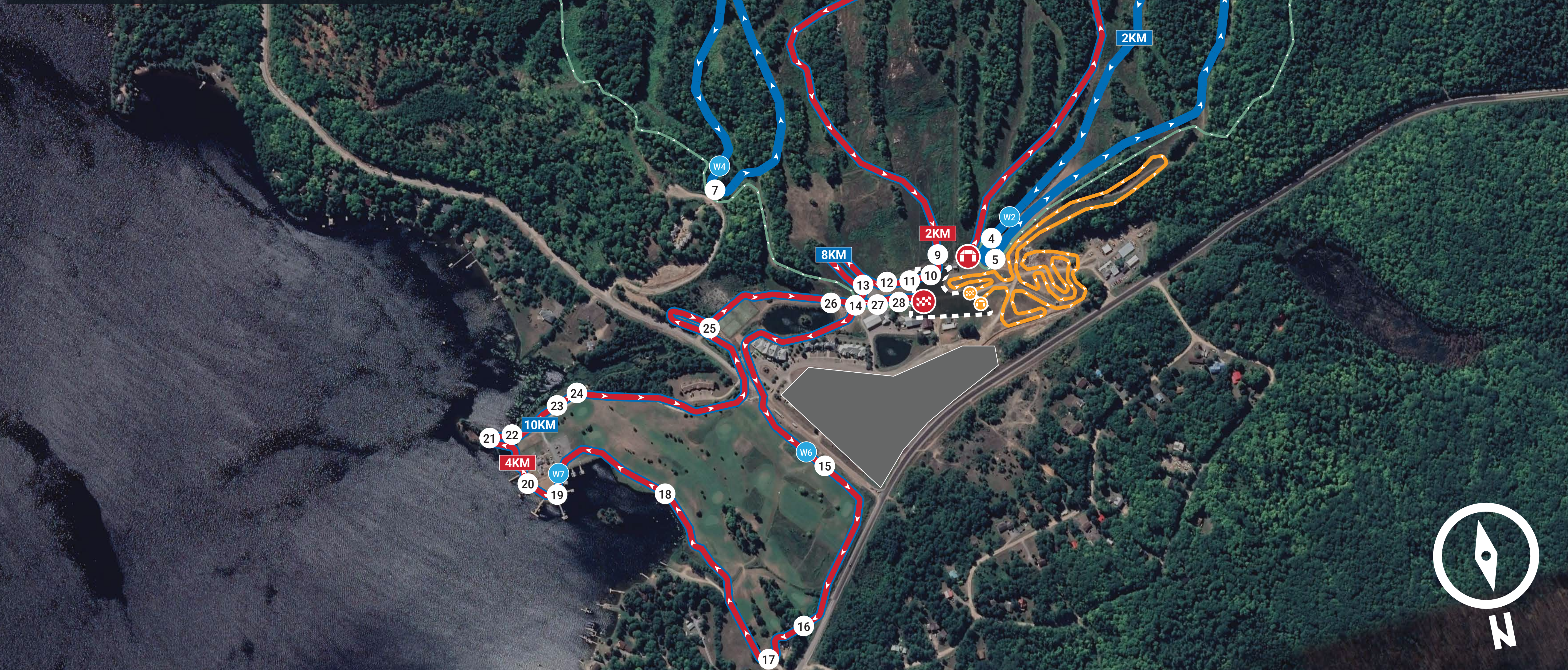
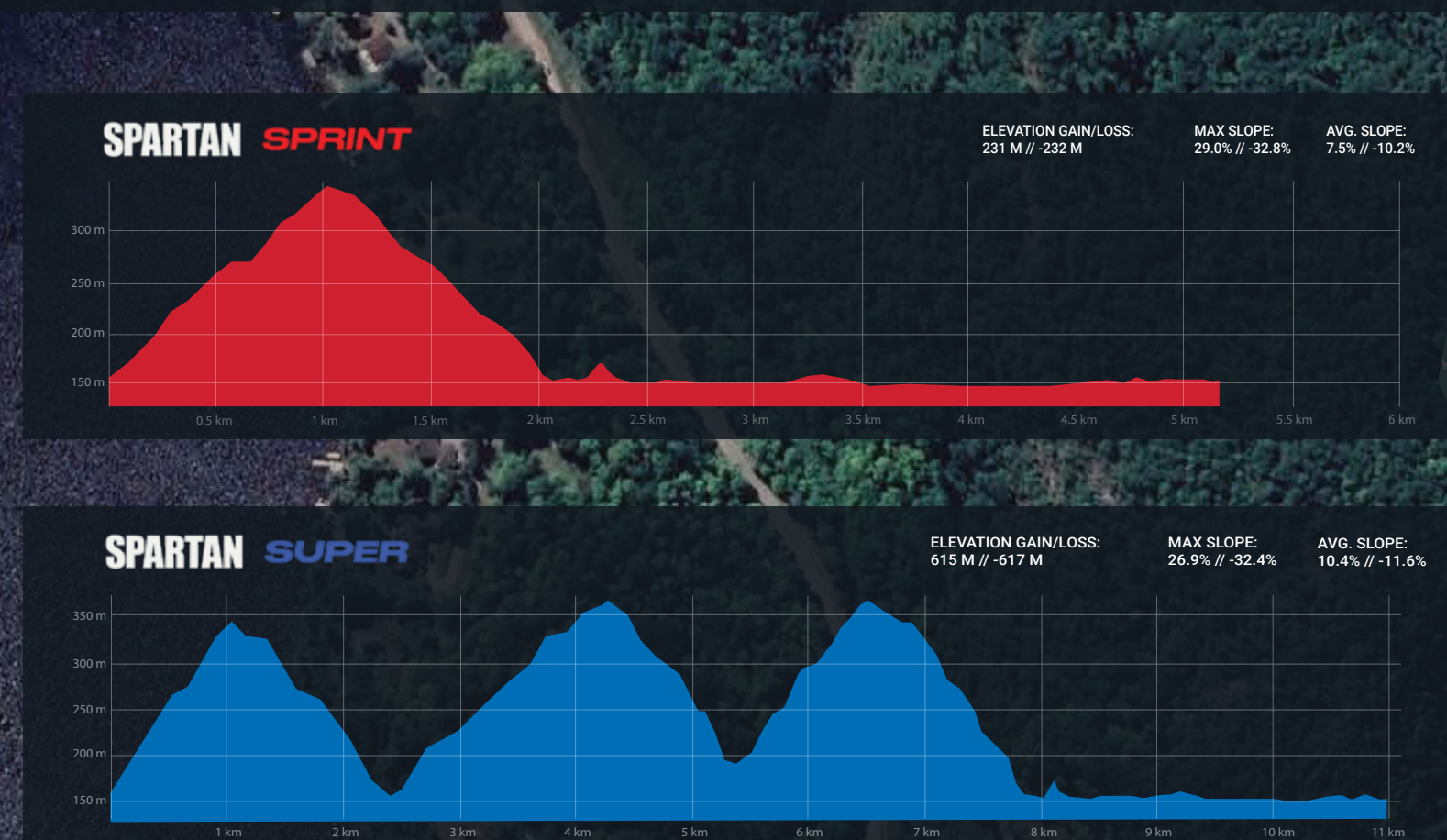




- 1 HURDLES
- 2 BARBED WIRE CRAWL
- 3 OVER WALLS (4' WALLS)
- 4 TWISTER
- 5 BENDER
- 6 OLYMPUS
- 7 THE BOX
- 8 7' WALL
- 9 MONKEY BARS
- 10 SPEAR THROW
- 11 HERCULES HOIST
- 12 STAIRWAY TO SPARTA
- 13 SANDBAG CARRY
- 14 A-FRAME CARGO
- 15 Z WALL
- 16 CLIFF CLIMB
- 17 6' WALL
- 18 INVERTED WALL
- 19 MULTI-RIG
- 20 DUNK WALL
- 21 BURPEE ISLAND
- 22 SWIM
- 23 VERTICAL CARGO
- 24 ATLAS CARRY
- 25 BUCKET CARRY
- 26 ROPE CLIMB
- 27 SLIP WALL
- 28 FIRE JUMP



*Please note obstacles are separated into two categories, Mandatory Obstacles and Pass/Fail Obstacles. Pass/Fail Obstacles consist of single attempt and multiple attempt obstacles. The Rules of Competition can be found on the Spartan website.