



INDOOR Obstacle COURSE RACE

COURSE MAP

OBSTACLES

- | | |
|-------------------------------|----------------------------------|
| 1 Sand Bag Carry Downstairs | 12 Inflatable |
| 2 Rope Climb (Remove Shoes) | 13 Cardio Machine Sprint |
| 3 Bosu | 14 Army Crawl |
| 4 Sand Bag Carry Upstairs | 15 Zig Zag Wall |
| 5 Under & Over | 16 Monkey Bars |
| 6 Box Jumps | 17 Tire Flip |
| 7 High Hurdle | 18 Keg Roll |
| 8 Magic Carpet Sled Push/Pull | 19 Mushroom Jumps |
| 9 Barrier Challenge | 20 Tumble Track |
| 10 Rope Swing | 21 Cargo Net (Touch Bell at Top) |
| 11 Bucket Carry | 22 Balance Beam |

LEGEND

- S START
- 1 OBSTACLE
- F FINISH
- TOP LEVEL
- GROUND LEVEL
- HQ STAFF

