



Extreme Obstacle Course

Obstacles and Rules

LAP 1

1. **Truck tire carry**
2. **Tractor tire cross**
3. **Flat/incline monkey bars** (*Must complete each obstacle once; Team can decide which lap for each*)
Penalty for not completing: 20 burpees
4. **Culvert crawl**
5. **Slip-n-slide**
6. **Decline monkey bars/partner carry** (*Must complete each obstacle once; Team can decide which lap for each*)
Penalty for not completing is 20 air squats
7. **Pallet drag**
8. **Short ditch run**
9. **Tire wall/rope climb** (*Must complete each obstacle once; Team can decide which lap for each*)
Penalty for not completing is 20 burpees
10. **Ladder wall**
11. **Mud pit**
12. **Over/under**
13. **Long ditch run**
14. **Mud hill**
15. **Tire run**
16. **Ladder jump**
17. **Super high hurdles**
18. **Truck tire carry**
19. **Spider web**
20. **9 foot wall**—*Penalty for not completing is 20 air squats*
21. **Hay hill** — *Penalty for not completing is 30 sit-ups*

LAP 2

1. **Tractor tire cross**
2. **Flat/incline monkey bars**
3. **Culvert Crawl**
4. **Slip-n-slide**
5. **Decline monkey bars/partner carry**
6. **Pallet drag**
7. **Short ditch run**
8. **Tire wall / rope climb**
9. **Ladder wall**
10. **Mud pit**
11. **Over under**
12. **Long ditch run**
13. **Mud hill**
14. **Tire run**
15. **Ladder jump**
16. **Super high hurdles**
17. **Spider web**
18. **9 foot wall**
19. **Truck tire carry to finish line**

Extreme Obstacle Course Rules

- Must stay within 10 yards of partner at all times
- Must follow partner through or over obstacle—not next to them
- All obstacle must be attempted by both teammates, but some obstacles have penalties if not completed
- Each team will have a backpack with sandbags and will add a sandbag at marked locations
- Backpack can be handed to partner, but must be carried over obstacles never thrown
- Time will end when both team members cross finish line with the correct amount of sandbags in the backpack
- If teams on lead lap catch up to teams on first lap, they will be given the right of way
- If you are injured or need help, look or call for course officials in yellow vests
- Get dirty. Don't give up. (Most of all) **Have Fun!**