

Obstacle Course (O-Course)



O-Course Information and Description

- Obstacle #1 Wall Climb 1. 2-sided. Traverse the length of the wall individually or 2 people simultaneously as a competition, without touching the ground. (9' h x 20' w)
- Obstacle #2 Rope Climb. Ascend rope up to top, cross-over to other rope using a gymnastic ring, descend the second rope.
- Obstacle #3 Cargo Net Climb. (18' h x 12' w) Ascend the cargo net, climb over the top pole, and descend down the rope to the pads. Step onto balance rope, grab rope above and walk to the final post.
- Obstacle #4 Monkey Bars. Reach and grab horizontal bars, moving to the last bar. Grab each bar or every other depending on skill level and technique.
- Obstacle #5 Single Balance Beam. Step onto log and traverse the entire length.
- Obstacle #6 Wall Climb 2. 2-sided. Traverse the length of the wall individually or 2 people simultaneously as a competition, without touching the ground. (9' h x 20' w)
- Obstacle #7 Horizontal/Parallel Bars. Using your hands/arms, move the entire length of the bars without your feet touching the ground. (20' L)
- Obstacle #8 Double Balance Beam. Using either side, traverse upward on the log, then downward to the end of the beam. Can be used individually or as a competition.
- Obstacle #9 Three Level Hurdles. Jump onto each horizontal log, flipping your body over each log.
- Obstacle #10 Gymnastic Rings. Reach and grab the first ring, propelling yourself forward to reach the next ring. Move through the series of rings without touching the ground.
- Obstacle #11 Low Crawl and/or Stutter Step. Low crawl under the netting, or high step through the netting.
- Obstacle #12 Tire Flip. Flip tractor tire(s) for approximately 30 feet. (5 - 6 times)

Tikki / Rest Area. Can be used for briefing your obstacle training and entering your course record. The **“Special Activity Group Waiver”** must be signed by all participants, prior to using the course. No Firearms or shooting gear allowed. Weighted workout vests are allowed.