

Challenge Penalties:

Balance Beam: If you can't manage the balance beam, you need to turn around and head back the way you came. Sit down, have a beer and contemplate why you signed up for this challenge in the first place.

Equestrian Center: All challenges will have 25 jumping jacks as a penalty

2 hurdles

2 large steps down

Hurdle

Hurdle

Climb stacked wall

3 balance logs

2 hurdles

Low Crawl: Must complete the rest of the course with your pants around your knees

Tires: 25 squat/jumps

Monkey Bars: 25 push ups / modified

Sandbag Carry: 25 push ups / modified

Climbing wall: 25 push ups & 25 squat jumps

Low Crawl: Run backwards while sucking your thumb to the finish line..