

Body Hub – Time Trial Obstacles

PENALTIES: You attempt all obstacles, if you fail an obstacle then you must complete the 10 Burpee penalty at that obstacle before being able to carry on.

Each burpee must be performed chest to ground to officially count. You will have a marshal running alongside or in sight to ensure obstacle/penalty completion.

We have three categories:

Males

Females

Kids - under 9

Kids - 9 to 12

Kids - 13 to 17

- ◆ Tyre Hop - Make your way across the hop using the inside of the tyres not along the tops/edges of the tyres.
- ◆ Net Crawl - You must crawl under both nets
- ◆ Tyre Crunch - Over the bottom row of tyres and under the top row of tyres
- ◆ Log Swing - hip up into the first log and make your way across onto the second log. You can use the middle rope as a balance aid
- ◆ The Pit - climb down into the pit, hop through the base tyres not over the tops of them then climb back up and out.
- ◆ The Moguls - You must run up and down all the moguls you can not jump from top to top.
- ◆ The Walls - Males must take on all three walls without touching the sides.
Females and kids 13 to 17 must take on the first two walls.
Kids 12 and less only complete the first wall.
- ◆ Ninja Steps - Select either lane and ensure you land on all the steps of that lane.
- ◆ Balance Beams - Cross both beams without touching the ground, including the middle gap. Kids 12 and less can touch the ground in the middle between the beams.
- ◆ Tyre Pull - You must sit on stump and pull the tyre to the end before running to the other end and pulling it back again to the opposite end. Kids are not required to do this obstacle.
- ◆ Gym Rings - You must hold the first and last ring.
- ◆ Tyre Swing - Make your way from the first tyre to the last tyre. You must step into every tyre otherwise you will incur a penalty. Kids under 9 are not required to do this obstacle.

◆ The Ledges - You must complete the green and black ledges without touching the sides. Females and kids 13+ need to complete the green and orange ledges without touching the sides. Kids 12 and less need only to complete the green ledge.

◆ Over 'n' Unders - You must go over all the orange hurdles and under all the green hurdles.

◆ Monkey Bars - You must select the pitched line. Kids aged 12 and less are to select the low or middle line depending on height. A log is available if needed to reach the first rung of the middle ladders. You must touch the first and last rungs.

◆ Low Rig - You must make your way across without touching the ground. You must touch the first and last hanging element.

◆ Carry - Lift two large kegs and walk up and around the marked area. Kids only need to lift or roll one small keg.

◆ Jumping Drums - You must select the largest/tallest drums to jump over. Kids to select the middle sized drums.

Your time stops once you cross the finish line.