



Obstacle Course Training with Fit Body Farm Freestylers

Course Address: Fit Body Farm, Wheatrig Farm, Kilmaurs, Kilmarnock, Ayrshire, KA3 2NG

Time Trial Obstacles and Penalties

PENALTIES: Any failures or non attempts will occur a 10 Burpee penalty except Weaver, Olympus and Bucket Carry Obstacles (see specific penalties for each of these below)

- 1) Tyre Carry - Tyre carried uphill, around 3rd telegraph pole and back again
- 2) Burn Run with Over/Under Logs - Climb into and go along the burn and crawl under (log 1) climb over (log 2), crawl under (log 3).
- 3) Sand Bag Drag - Drag Bag of sand down and across line between cones and back to start. 1 person per bag. Kids will drag a tyre.
- 4) Weaver (P, F)

ADULTS AND KIDS 9 YEARS + : Go over first pole then under the next and continue to the end without touching the ground.

KIDS UNDER 9 YEARS: Climb up and over the whole structure

PENALTIES: 20 Burpees for non attempt or if athlete fails on first half. 10 Burpees if athlete fails on second half.

- 5) Z- Wall (M)

Start on first block and go around the 3 walls using blocks only. Athlete must touch last hand and last foot block. Athlete cannot use the Z-wall frame.

- 6) Inverted Wall - Climb up and over the Wall without using the sides. Kids 9+ and Females may stand on log for extra height. Kids under 9 can receive adult help.
- 7) Irish Table - Climb over without using sides of the frame. Kids 9+ and Females may stand on log for extra height. Kids under 9 can receive adult help.

- 8) Olympus

Traverse the whole wall using a selection of holes, ropes and grip blocks. There is a resting foot block halfway along the wall which maybe used for a maximum 10 second rest

PENALTIES: 20 Burpees for non attempt or if athlete fails on first half. 10 Burpees if athlete fails on second half.

9) Tyre twinkle toes - One foot in every tyre

10) Balance beam - Walk across balance beam until one full foot crosses red line

11) Log Carry - Log must be carried above head (ADULTS) / in front of body (KIDS). Go around cone and back to start.

12) Tyre In and out - Climb into and out of large tyres. You're not allowed to run across tyre.

13) Log Flip – **ADULTS ONLY**

Flip log end over end then flip back again. Different weight of logs for females and males.

14) Bucket Carry – **ADULTS ONLY**

Carry bucket at chest height or below (not on shoulder) around cone and back to start. Gravel must not be spilled.

15) Gate Jump - climb or jump over gate

16) Tunnel Crawl - crawl through the tunnel

17) Slackline – start by stepping up onto slackline with one hand on the tree and one hand on support line. Walk along slackline and touch the tree at the end.

18) Rope Traverse - start with hands on black tape and crawl along rope (without feet touching ground) and ring the bell

19) Spear Throw - Throw spear into red square. On the line counts as in. Spear must stay in the straw bale - bounce outs result in penalty. KIDS throw from Level 1 line. FEMALES from Level 2 line and MALES from Level 3 line. KIDS UNDER 9 YEARS throw Croquet ball from Level 1 line instead

20) High Wall - Climb over high wall.

MALES must not use ledges. **FEMALES/KIDS** can use ledges

21) Monkey Bars/ - First and last rungs must be used on each exercise.

22) Tyre Flip – 2 Flips (Flip the tyre 1 way then flip it back the other way). There are different tyres for **MALE, FEMALE** and **KIDS**

23) Rope Climb - Climb the rope and ring the bell

24) Tyre Hurdles (M) - Hurdle over a series of small tyre walls

25) Stairway to Heaven

MALES: Climb the stairs using arms only from the inside. Start with two hands on first step, lift legs off ground. Finish with two hand on last step before feet touch ground

FEMALES/KIDS: Climb the stairs from the outside of the structure