



## Winter Warrior Obstacle Challenge

Start on Boardwalk ramp at 6th Street.

### Beach Sand Hills

#### Over/Under

Enter field before each loop through **Noodle Tower**

#### 1. Tire Run

*Exit via Rock Wall and Agility Poles ... Run a lap*

#### 2. Balance Beams

*Exit via Rock Wall and Agility Poles ... Run a lap*

#### 3. Floating Steps

*Exit via Rock Wall and Agility Poles ... Run a lap*

Prior to stations 4-6, run to the opposite end zone and go through the **Wire Crawl**

#### 4. Cargo Net Climb

*Exit via Rock Wall and Agility Poles ... Run a lap*

#### 5. Traverse Wall

*Exit via Rock Wall and Agility Poles ... Run a lap*

#### 6. Rope Wall

*Exit via Rock Wall and Agility Poles ... Run a lap*

**Run a lap to the Finish Line!**

*Participants must complete 5 burpees after three failed attempts at any single obstacle.*