

## **Bonchester - Freestyle Functional Fitness Obstacle List**

1. Load Carry

Pick up the load and carry it to the marker, go around the marker and return.

Penalty: 5 spartans for obstacle failure for obstacle failure

2. Tyre over under

Go over the first row on tyres, go under the second and over the third

Penalty: 5 spartans for obstacle failure

3. Cargo crawl

Crawl under the cargo net

Penalty: 5 spartans for obstacle failure

4. Weaver

Using yours arms and legs, move parallel over and under the logs, your body must not touch the ground

Penalty: 5 spartans for obstacle failure

5. Atlas Carry

Lift the atlas stone, carry to the marker, go around the marker and return

Penalty: 5 spartans for obstacle failure

6. Hobbit hurdle

Go over each hurdle

Penalty: 5 spartans for obstacle failure

7. Tyre flip

Tyre to be flipped 5 times and then flipped back 5 times

Penalty: 5 spartans for obstacle failure

8. Tyre Wall

Climb up the tyre wall and descent down the other side

Penalty: 5 spartans for obstacle failure

9. River crossing on ropes

Cross the first rope, standing using feet and hands, then transition to the second and traverse across

Penalty: 5 spartans for obstacle failure

10. Tyre drag

Drag the tyre to the marker, go around the marker and return

Penalty: 5 spartans for obstacle failure

11. Big dog monkey bars

Cross the bars using arms only and hit the bell with your hand

Penalty: 5 spartans for obstacle failure

12. Rope climb

Climb to the top of the rope using arms and/or legs hit the bell with your hand and come back down

Penalty: 5 spartans for obstacle failure

13. Tubes

Place one foot on each of the tubes and walk to the end of the tube

Penalty: 5 spartans for obstacle failure

14. Bucket Carry

Using your hands, lift the bucket and carry to the marker, go around the marker and return

Penalty: 5 spartans for obstacle failure

15. Double sternum checker

Go up and over each metal pole

Penalty: 5 spartans for obstacle failure

16. Low rig

Move from the start of the rig to the end of the rig using your hands/arms and/or legs feet. Your body must not touch the ground until the end

Penalty: Retry for a maximum of 3, if still obstacle failure, 5 spartans

17. 8ft wall

Climb up and over the wall

Penalty: 5 spartans for obstacle failure

18. Inverted weaver/moving poles

Using your arms and legs, move parallel over and under the logs, your body must not touch the ground

Penalty: Retry for a maximum of 3, if still obstacle failure, 5 spartans

19. Balance beam

Walk/run up and back down the beam

Penalty: 5 spartans for obstacle failure

20. Sugar rush undulating monkey bars

Walk across the beams and then cross the bars using arms only and hit the bell with your hand

Penalty: 5 spartans for obstacle failure

21. Spear throw

Throw the spear into the hay bale

Penalty: 5 spartans for obstacle failure