

OBSTACLE ENDURANCE CHALLENGE

FORMAT

- There are 6 obstacles on the course.
- For each obstacle, a maximum time of 2 minutes is given for participants to perform the maximum number of repetitions.
- 30 seconds are given for participants to rest and move in between obstacles.
- The challenge must be completed according to a given sequence.

RULES

MULTIRIG

- Rep is counted by traverse from one end to other end using the rings
- At least 1 hand must load weight onto the first & last ring
- Skipping rings between first and last is allowed
- Use of gloves allowed
- Use of chalk allowed
- Taped hands need to be covered with chalk

BEBE

- Rep is counted by the block fully pulled from one end to other end past the cone
- Block must be pulled via the handle only
- Flipping of block is prohibited

HAMMER

- Rep is counted by running with hammer around the circuit, over the hurdle, and successful throw of hammer onto target from firing line.
- A throw is considered successful when any part of hammer hits the plate.
- Hammer must be recovered after each throw

MONKEY BAR

- Rep is counted by traverse from one end of monkey bars to other end using only hands
- Cannot skip first & last bars. Can skip other bars in between.
- Land or fall midway = No rep
- Landing at either end is allowed

LOW RIG

- Rep is counted by traverse from one end of Low Rig to other end
- No part of body can touch the ground between first and last marker
- Holding straps is allowed
- Traversing atop the rig or using support structure is not allowed

WRINGER

- Rep is counted by bringing weight to top and bottom of setup under control
- Uncontrolled release leading to weight slamming onto ground = No rep