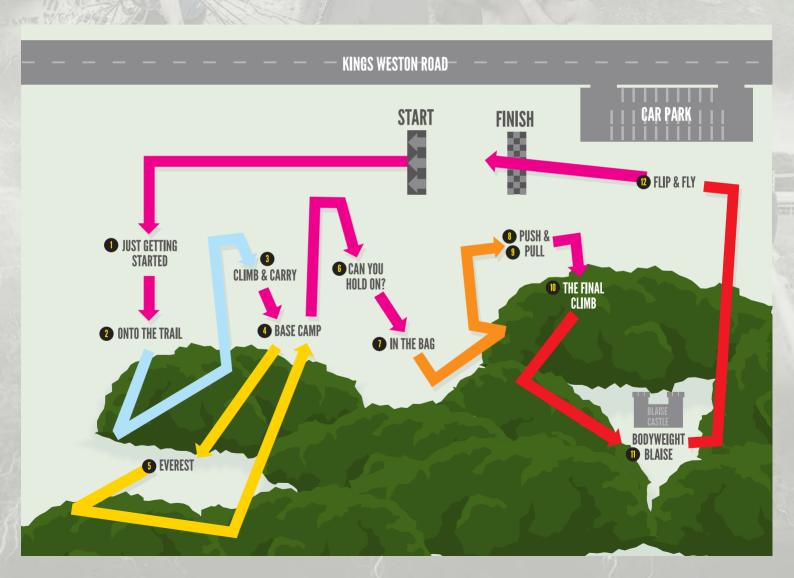


# THE COURSE



#### **JUST GETTING STARTED**

WHEN YOU HIT THE FIRST CHALLENGE ZONE YOU'LL DIVE STRAIGHT INTO TACKLING A SERIES OF JUMPING OBSTACLES BEFORE HAVING YOUR BALANCE AND CO-ORDINATION IMMEDIATELY TESTED ON THE BALANCE BEAMS AND EXTENDED TYRE RUN TRACK! A PLETHORA OF OBSTACLES TO WAKEN UP THE SENSES READY FOR THE LONG ROAD (WELL, TRAILS) AHEAD!



#### **ONTO THE TRAIL**

NEXT UP, THE FIRST OF OUR 4 EPIC TRAILS!

(FOLLOW THE BLUE LINE)

TIME TO NAVIGATE NATURE AT ITS FINEST

...BRING ON THE TREES BRING ON THE MUD

BRING ON THE LUNG BUSTER

HERE WE GO!!!

CLIMB & CARRY

FIRST TRAIL DONE, NOW TIME FOR OUR FIRST OBSTACLE / FUNCTIONAL FITNESS COMBO ZONE YOU'LL NEED TO CONQUER A SERIES OF CLIMBING OBSTACLES COUPLED WITH UNCONVENTIONAL CARRIES! CARRIES COULD INCLUDE SANDBAGS, TYRES, LOGS, KEGS OR EVEN A COUPLE OF YOUR FELLOW COMPETITORS... ...ONLY JOKING ABOUT THAT LAST ONE... THAT MIGHT GET A BIT WEIRD!



**BASE CAMP** 

NOW THAT YOU'VE BESTED THE OLD CLIMB AND CARRY, IT'S TIME TO START YOUR SECOND TRAIL (FOLLOW THE YELLOW LINE)... AND THE GRIND BEGINS WITH A LOOONNNNG SHARP INCLINE! OOOOH YEHHHH BABY! (WE WON'T TELL THEM ABOUT THE BACKPACKS, THAT LL BE A LOVELY LITTLE SURPRISE FOR THEM ...SHHHHH)





A CHALLENGE AT THE SUMMIT & ONE THAT'S GUARANTEED TO GET THOSE LEGS FEELING LIKE YOU'RE CLIMBING EVEREST! (AGAIN)

BECAUSE FRIENDS DON'T LET FRIENDS SKIP LEG DAY ....AND WE'RE DEFINITELY YOUR FRIENDS RIGHT?



### **CAN YOU HOLD ON?**

GET TO GRIPS (SEE WHAT WE DID THERE? (3)) WITH OUR ROWING MACHINES AND SCAFFOLD-BASED OBSTACLES!
YEP, ROWERS AND SCAFFOLDING OBSTACLES...WHERE ELSE WOULD YOU GET TO DO THAT?!





#### IN THE BAG

OUR SHORTEST, FLATTEST BUT SPICIEST LITTLE TRAIL RUN! WHY SPICIEST WE HEAR YOU ASK QUIZZINGLY?

WELL, BECAUSE WE ALWAYS LIKE TO ADD A LITTLE BIT OF SANDY SPICE TO OUR HIKES! TO (FOLLOW THE ORANGE LINE ON THE MAP)





#### **PUSH**

OUR SECOND OBSTACLE / FUNCTIONAL FITNESS COMBO ZONE! CONSIDER IT THE BIGGER BROTHER OF OLD CLIMB & CARRY!

BE READY TO TEST YOUR ODD-OBJECT LIFTING STRENGTH BUT ALSO YOUR ABILITY TO MOVE YOUR OWN BODYWEIGHT! (2)





#### **PULL**

THE PERFECT WAY TO BALANCE OUT ALL OF THE PUSHING THAT YOU'VE JUST DONE!

SAME STRUCTURE, DIFFERENT FOCUS! SAME GOOD TIME!



# 11 THE FINAL CLIMB

OUR FINAL BUT MOST CHALLENGING TRAIL THAT TAKES YOU ALL THE WAY UP TO BLAISE CASTLE!

(FOLLOW THE RED ARROW ON THE MAP)



## **BODYWEIGHT BLAISE**

AT THE BASE OF BLAISE CASTLE, YOU'LL HAVE TO CONQUER OUR VERY OWN OUTDOOR ROOM OF DOOM, A ROOM FILLED WITH ALL OF THE FUN! EXPECT BODYWEIGHT EXERCISES LIKE BEAR CRAWLS, BROAD JUMPS AND OF COURSE BURP (DON'T WORRY, WE CAN PRETEND THAT THEY AREN'T INCLUDED FOR A BIT LONGER!)





# **FLIP & FLY**

OUR FINAL TEST WHICH COMBINES SOME SUPERHUMAN CLASSICS WITH SOME BRAND-NEW OBSTACLES!

WE CAN'T WAIT TO SHOW YOU WHAT WE'VE GOT IN STORE FOR THE FINALE!! \*\*