



BATTLE AT BLAISE
7K OBSTACLE COURSE RACE

THE COURSE

KINGS WESTON ROAD

START

FINISH

CAR PARK

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11

1

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! 🏃‍♂️



2

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!!!

3

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! 😬



4

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 LOOONNNG SHARP INCLINE! OOOOH YEHHHH BABY! (WE WON'T TELL THEM ABOUT THE BACKPACKS, THAT LL BE A LOVELY LITTLE SURPRISE FOR THEM ...SHHHHH) 🤫



5

EVEREST

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? 🙄🙄



6

CAN YOU HOLD ON?

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



7

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 HIKE! 🌴
(FOLLOW THE ORANGE LINE ON THE MAP)



8

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! 🤔



9

PULL

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

SAME STRUCTURE, DIFFERENT FOCUS! SAME GOOD TIME! 😎



10

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)

11

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!) 😬



12

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!! 🏆 🎉 🥳