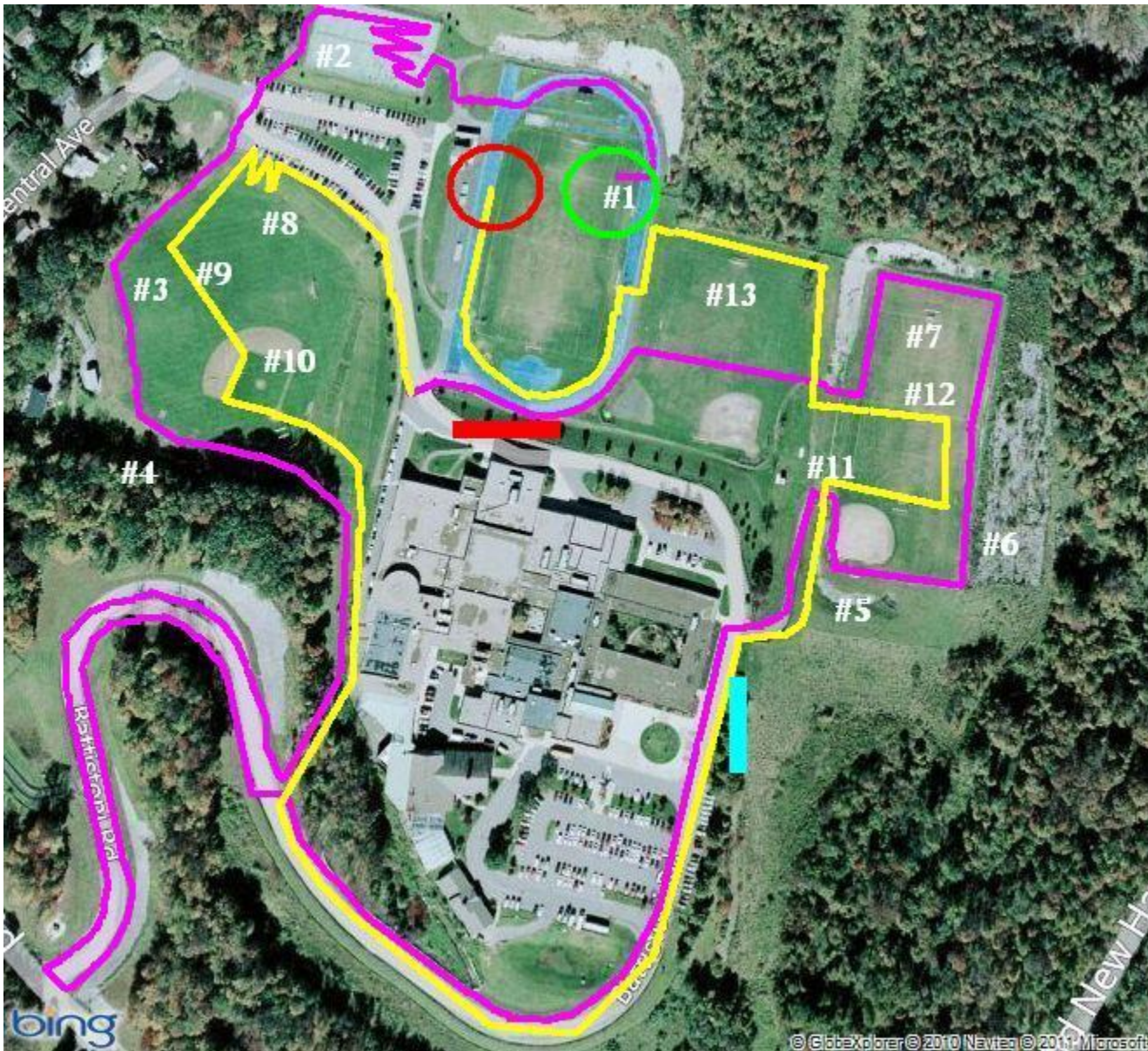


STRONGER WOMAN STRONGER WORLD

2014 COURES MAP

@ Northwestern Regional High School



Obstacles

FIRST LAP

1. Calisthenics – 3 exercises to start
2. Line touches (Tennis Courts)
3. Wall Climb (Baseball Field)
4. Cargo Net (Baseball Field)
5. Push-ups (Softball Field 3rd Base)
6. Tire flips (Softball Right Field)
7. Balance Beam (Far Side Field Hockey Field)

SECOND LAP

8. Hill Sprints (Baseball Field Center Field)
9. Bear Crawls (Baseball Field Center Field)
10. Lunges Baseball Field/2nd Base to Home)
11. Tire Steps (Softball Field Left Center Field)
12. Hay Bales (Field Hockey Field)
13. Burpees (Before Entering Track)

FIRST AIDE

WATER STATION