

## Obstacle Course Description (revised)

### Station #1

Participant must complete line of colored markers on the floor in sequential order as such: starting at white dot, running to blue dot and back to white. Running to yellow dot, back to white etc... (also known as suicide drills.) Participant will "tap" each dot once with either foot for that corresponding repetition. Distance between each colored marker will be exactly three feet. Upon touching last red dot, participant may progress to next station.



### Station #2

Seven soccer balls will be lined up in a row. Participant must kick four out of the seven balls into the 4 x 3 ft. net. Missed soccer balls will be retrieved for retries. Net will be placed exactly 20ft. from the line of soccer balls. There will be a chair placed behind the soccer balls that participant may choose to grasp for safety *if they so choose*.



### Station #3

Participant must traverse 5ft. long foam balance beam. Balance beam will be situated on top of a floor mat for safety, a volunteer will be stationed alongside as well. Participant will have 3 tries to cross before being allowed to move to next station.



### Station #4

A 10lb medicine ball will be placed on chair #1. Participant must pick up the medicine ball and carry it 10ft. to chair #2. Participant must then complete three sit-to-stand squats on chair #2. A sit-to-stand squat defined as participant sitting all the way down to the chair seat, touching, and standing all the way back up to a vertical position. Participants feet must remain touching the floor during the standing portion or that repetition will not count. Upon completion of the three repetitions, participant must return the medicine ball back to chair #1 before proceeding to next station.



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### Station #5

Two parallel lines will be marked on the ground with a narrow end widening gradually to a wide end of approximately 3ft. Participant must cross this 'river' 3x starting at the narrow end and ending with the wide end prior to proceeding to next station.



### Station #6

Participant will complete, in succession, a 6" step, a 6" hurdle, and four large diameter rings (stepping one foot in each).





*Station 6 continued*

### **Station #7**

**Corn Bag Toss:** Participant will stand 7 feet away from the board and must toss 4 corn bags separately toward the board. The corn bags collectively weigh 3.5 pounds. Corn Hole is 6 inches in diameter. Any score obtained will be used for any tie-breakers in completion time of the entire obstacle course. Bag in the hole = 5 points, bag on the board= 1 point.