

# 5K OBSTACLE MUD RUN



- 1 Hurdles
- 2 Floating Steps
- 3 Balance Beams
- 4 Angled Walls
- 5 Mud Mounds
- 6 Low Crawl
- 7 Teeter Totter
- 8 Sandbag Carry
- 9 Vertical Walls
- 10 A - Frame
- 11 Trenches
- 12 Swim
- 13 Agility Tires
- 14 Tire Flip
- 15 Mud Pit
- 16 Beer Chug
- 17 Tire Walker
- 18 Slides