



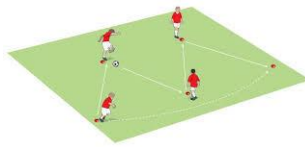
Adrenaline Monkey Obstacle Course 2024

Start

Finish

Skill

- **Target Practice** - Throw kickball 10-yards to hit target. 3 Chances.
- **Cone Flip** - Flip cone on to surface. Cone must flip and land on base of cone without assistance. Until successful.
- **Soccer Ball Dribble** -Dribble ball around designated cones and score into mini net.



Strength

- **Tire Flip** -Flip large tire 3 full times. Tire must come to a complete stop before next flip.
- **Ring Stack** – Stack 3 rubber rings onto the pole. (approx. 25lbs each)
- **Dead Weight** – Carry one large rubber weight around the marked circle (15ft. circumference, approximately 50lbs.)



Agility

- **Stride Stones** – Clear the marked distance using only the stepping stones.
- **Balance Pipes** – Clear the marked distance using only the balance beams.
- **Quad Steps** – Clear the marked distance using only the Quad Steps.



Speed

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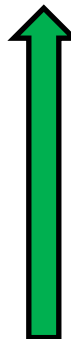
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- **Army Crawl** - Crawl 10-yard distance
- **Up & Under** – Jump over obstacle (1 ft.), maneuver under Obstacle (3 ft.). 3 Times.

