

SUPER LEGEND OBSTACLES

OBSTACLES NR.	REPS	VIRTUAL OBSTACLES
B	80	KNEE UP
1	20	BURPEES LUNGES JUMP (1 BURPEE + 1 LUNGES JUMP RIGHT / 1 LUNGES JUMP LEFT)
2	30	BEAR CRAWL
3	20	BURPEES TUCK JUMP
4	60	SIT UP ROPE
KG 5	30	OVERHEAD KNEE UP
6	3 ROUNDS	PLANK WALK + FRONT ROLL (10 PLANK WALK + 1 ROLL OVER)
A	60	JUMPING JACK
7	3 ATTEMPS	BALL THROW (15 BURPEES IF MISSED)
W1		WATER STATION / SMILES
A	70	SKIER JUMPING JACK
KG 8	1'+1'+1'	KILLY POSITION + KILLY POSITION WITHOUT WALL + WALK
9	10 FORWARD 10 REVERSE	ARMY CRAWL
KG 10	40	RENEGADE ROW
B	60	KNEE UP
KG KG 11	1' + 40	KILLY POSITION + SQUAT
A	100	JUMPING JACK
KG 12	40 (20 EACH SIDE)	RUSSIAN TWIST
A	40	JUMPING LUNGES
13	30	GORILLA CRAWL
KG B	30/ 30 /30	OVERHEAD KNEE UP / FRONT KNEE UP /OVERHEAD KNEE UP
14	20	SPIDER / + PLANK
W2		WATER STATION / DRINK / TAKE A PHOTO
15	15 EACH SIDE =30	SIDE PLANK WALK
16	10	WALKOUT HANDSTAND
17	40	TRICEPS DIPS
18	20	TUCK JUMP (WITH A GLASS OF WATER IN THE HAND)
KG B	40	OVERHEAD KNEE UP
KG 19	40	OVERHEAD LUNGES
KG 20	25	THRUSTER
21	15	WALKOUT PUSH UP
W3		LAST WATER STATION/ BE READY TO THE FINISH LINE
A	60	JUMPING JACK
22	15	SIDE TO SIDE PUSH UP
23	30	AUSTRALIAN PULL UP
KG 24	20	DEVIL PRESS
25	10 RIGHT / 10 LEFT	SHOULDER TAP TABLE REVERSE
26	1	JUMP OVER THE PACK

OBSTACLES
RUNNING UPHILL/DOWNHILL
OUT
BARBED WIRE
6 FEET
DEVIDOIR
CRAWLING LAKE
VERTICAL NET
RUNNING NORMAL
SPEARS THROWS
AID STATION
RUNNING TECHNICAL TERRAIN
SAND BAG
INVERTED WALL
SLIP WALL
RUNNING UPHILL/DOWNHILL
BUCKET CARRY
RUNNING NORMAL
BENDER
RUNNING HARD CLIMB/ HARD DOWNHILL
STAIRWAY
RUNNING IN WATER SECTION
8 FEET
AID STATION
OLYMPUS
BEATER
LOG CARRY
DUNK WALL
RUNNING UPHILL/DOWNHILL
ATLAS CARRY
HERCULES HOIST
A FRAME
AID STATION
RUNNING NORMAL
Z WALL
ROPE CLIMB
HURDLES
MULTI RIG
FIRE JUMP



TIPS & MATERIALS

SIT UP ROPE
Starting position for a sit up, shoulder and head detached from the ground, abs in contraction, I will search in the air as if I was climbing the rope
Position de départ assise, épaule et tête légèrement relevés du sol, abdominaux en contraction, je vais chercher en l'air comme si je grimpais à la corde

BALL THROW 7
Use a paper bin ~20cm diameter. Find a ball ~size of a tennis ball. You can make your own paper ball or even use a toilet roll. Place the bin 2m away from you. Throw the ball inside. 3 atempt. Failure = 15 Burpees
Utilise une poubelle/ corbeille ~20cm de diamètre. Trouve une balle de la taille d'une balle de tennis. Tu peux fabriquer ta propre balle en papier ou même utiliser un rouleau de papier toilette. Place la poubelle à 2m de distance devant toi. Vise et jette la balle à l'intérieur. 3 tentatives. Si Échec = 15 Burpees

SPIDER + PLANK
Start position on the ground on the belly, legs and arms apart, lifted off the ground then shift to plank position.
Position de départ allongé sur le ventre, jambes et bras écartés, soulevés du sol puis passage en position planche

EXTRA MATERIAL
MATÉRIEL SUPPLÉMENTAIRE

1 Kitchen table, 1 chair or stool
1 table, une chaise, ou un tabouret
1 glass of water for aid station and obstacle
1 verre d'eau pour te ravitailler et pour l'obstacle

10KG OR 1 PACK OF WATER FOR MEN 6KG OR 4 BOTTLES FOR WOMEN
10KG OR 1 PACK D'EAU POUR LES HOMMES 6KG OU 4 BOUTEILLES POUR LES FEMMES

20 KG OR 2 PACKS WATER MEN 12KG OR 1 PACK WOMEN
20 KG OR 2 PACK D'EAU POUR LES HOMMES 12 KG OU 1 PACK D'EAU POUR LES FEMMES

More Info

