



SPARTAN

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RACE OBSTACLES

Spartan obstacles are designed to test every facet of your mental and physical strength. If you hope to conquer them on race day, you'll need to know them inside and out. Get all of the intel below.



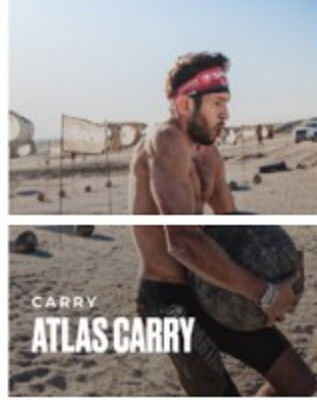
SPRINT OBSTACLES



SPRINT CLASSIC
SPEAR THROW
Take aim and throw a spear at a target 25 feet away.



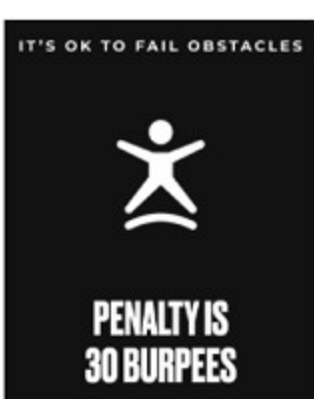
CLIMB
A-FRAME CARGO
Navigate up and down a 20 foot high mesh cargo net on an A-Frame structure.



CARRY
ATLAS CARRY
The Atlas Carry requires you to haul a heavy stone out, around a flag 10m away, and back again. 100lbs for men | 75lbs for women.



SWIM
DUNK WALL
Dunk under an inflated wall stretching across a mud-filled pit.



IT'S OK TO FAIL OBSTACLES
PENALTY IS 30 BURPEES
Can't complete an obstacle? No problem!



BRAVERY
FIRE JUMP
Make sure you clear the flames as you complete the Fire Jump, an essential Spartan rite of passage.



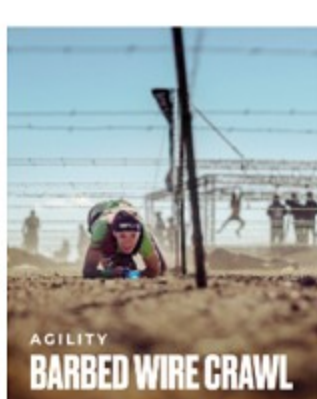
LIFT
HERCULES HOIST
Lift and lower a sandbag up a 25 foot tall rig using the Hercules Hoist pulley system. 95lbs for men | 75lbs for women



CLIMB
INVERTED WALL
Climb up and over a 7.5 foot tall overhanging Inverted Wall.



CLIMB
MONKEY BARS
Traverse a 30 foot long rig of varying height metal Monkey Bars.



AGILITY
BARBED WIRE CRAWL
Get low and crawl through up to 200 feet of barbed wire 30 inches high.



CLIMB
MULTI-RIG
Traverse a 30 foot long series of Multi-Rig hanging rings, ropes, moving bars, and more.



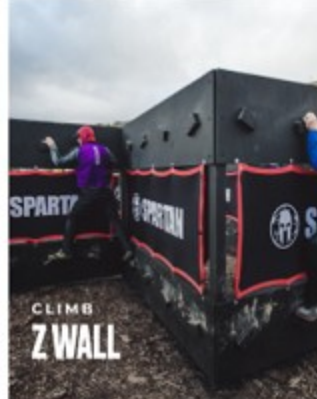
CLIMB
ROPE CLIMB
Ascend a 16-foot high, usually muddy, Rope Climb.



CARRY
SANDBAG CARRY
Complete a Sandbag Carry around a roughly 200m marked course. 60lbs for men | 40lbs for women



CLIMB
SLIP WALL
Run or climb your way up a 10 foot high inclined Slip Wall, sometimes with a very short rope.



CLIMB
Z WALL
Laterally traverse a 24 foot long, eight foot high z-shaped wall using only the hand and foot holds.



CLIMB
HURDLES
Climb up and over several horizontal hurdle beams five feet off the ground.



CHASE THE PERFECT RACE
EARN IT IN THE TROPAION
Chase the perfect race and earn it in your Spartan Tropaion.



LIFT
PLATE DRAG
Using a rope, pull a weighted plate toward you for 30 feet. Then drag back to the start position. 150lbs for men | 105lbs for women



CLIMB
ROLLING MUD
Run up and down steep rolling muddy hills connected by waist-deep, water-filled pits.



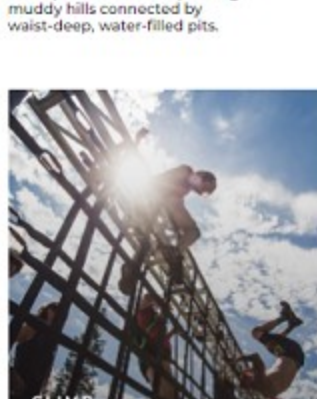
SWIM
SWIM
A challenging swim of various distances at select venues.



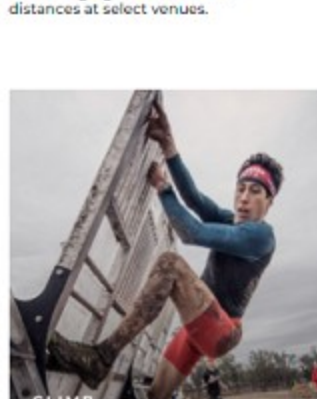
LIFT
TIRE FLIP
Lift and overturn a massive Yokohama tire, flipping out and back. 400lbs for men | 200lbs for women



CARRY
BUCKET CARRY
Haul a rock-filled bucket around a roughly 200m marked course. 75lbs for men | 55lbs for women



CLIMB
VERTICAL CARGO
Climb up and over an 12 foot high vertical cargo mesh wall, sometimes preceded by a barrier platform.



CLIMB
HELIX
The Helix is a traverse of an x-shaped series of slanted and overhanging walls without touching the top.