



Timed O-Course:

Spartan Time Trials

40mins or less to qualify as a Spartan

1. Start
2. *Easy* Thicket Run 1 lap
3. Rope Climb once
4. Medicine Ball Squat Presses x50
5. Ab Roller x50
6. Calf Raises x50
7. Pushup Bars x50
8. Tire Flip (Flip, Hop In, Hop Out, Flip) 1 lap
9. Plyo-Jumps and/or Big Tire Burpees x30
10. Herculean Hoist 1 lap
11. Dumbbell Lunge 1 lap
12. Herculean Hoist 1 lap
13. Agility Ladders/Balance Beam 1 lap
14. Herculean Hoist 1 lap
15. Crawl/Hop either Over/Under or Over/30 sec Planks 3 laps
16. 3 Step Wall once
17. Herculean Hoist 1 lap
18. *Hard* Thicket Run 1 lap
19. Suicide Run once
20. Finish