

Station #1 – Pit Block Toss:

1. **Get in position**
 - One participant goes at a time.
 - Step up to the bar and hang from it using your hands.
 - Everyone else on the team must stand **behind the bar** and wait their turn.
2. **Make your Attempt**
 - While hanging from the bar, use your feet to throw the block in the center of the octagon mat.
 - You get **one attempt** to toss the pit block per person.
3. **Scoring**
 - If your pit block lands in the center of the octagon, your team earns **1 second off the total team time**.
 - If **every team member** successfully lands their block in the center, the team earns an **extra 5-second bonus** off the total time.
4. **Rules for waiting teammates**
 - All teammates must stay **behind the bar** during each attempt.
 - If anyone crosses the bar early, the team receives a **10-second penalty**.
5. **MODIFICATION: If you can't hang from the bar**
 - If you are unable to hang from the bar, you may stand **behind the mounting block** instead.
 - From there, throw the pit block by hand toward the center of the octagon.
6. **MODIFICATION: If you choose not to participate**
 - A teammate may take your place and attempt the toss for you.
 - This will result in a **5-second penalty** added to your team's time.
7. **Move on**
 - Once everyone has completed their attempt, the team moves on to the next station

Station #2 – Russian Twists:

1. **Set up**
 - All team members sit on the ground in a straight line.
 - Everyone should be facing toward the rest of the obstacle course.
 - The first person in line starts with the medicine ball.
2. **Pass the ball**
 - The first participant passes the medicine ball to the next person in line.

- **Before passing**, the ball must touch the ground between each participant.
 - Continue passing the ball down the line, one person at a time.
3. **Move to the front**
- After passing the ball, that participant stands up and moves to the **front of the line**.
 - Sit down at the front and get ready to receive the ball again.
 - The team continues this same pattern as the ball moves down the line.
4. **Continue the pattern**
- Keep passing the ball, touching it to the ground between each person, and rotating to the front.
 - The station is complete once the medicine ball passes the **end line**.
5. **Rules to follow**
- The ball must stay **under control** at all times.
 - You may **not skip over teammates** when passing the ball.
 - You cannot throw / roll the ball to teammates, you must be sitting within arms length of each other.
6. **Penalties**
- If the team does not follow the correct procedure, a **10-second penalty** will be added to the team's time.
7. **MODIFICATION: If you cannot participate**
- Participants who are unable to complete this station will instead perform **5 Standing kettlebell twists**.
8. **Finish and move on**
- Once the ball crosses the end line, the team moves on to the next station

Station #3 – Egg Balance:

1. **Start position**
- All participants begin on front of the mat.
 - One participant goes at a time.
2. **Grab your equipment**
- When it's your turn, take **one egg and one spoon**.
 - Place the egg on top of the spoon and get ready to move.
3. **Cross the balance beam**
- Carefully walk across the balance beam while balancing the egg on the spoon.
 - You must keep the egg balanced holding the spoon in one hand — **do not use your hands to catch or hold the egg**.

4. **If the egg drops**
 - If the egg falls **before you finish crossing the balance beam**, you must return to the start and try again.
5. **Finish the obstacle**
 - After crossing the balance beam, choose **one** of the following:
 - **Optional:** Roll down the ramp
 - **OR** walk down the ramp and complete **3 straight jumps**
6. **Rules to follow**
 - Participants may **not catch or grab the egg** to keep it on the spoon.
 - If the egg is dropped you must start the egg balance over.
7. **MODIFICATION: If you cannot participate**
 - Participants who are unable to complete this station will instead **weave through the dots on the ground**.
 - If able, they should balance an egg while weaving through the dots.
8. **Move on**
 - Once your turn is complete, the next participant may begin.

Optional Cartwheel:

1. **When this happens**
 - This is an **optional challenge** completed **between stations**.
2. **Choose to participate**
 - Each participant may choose whether or not to attempt a cartwheel.
 - You will get **one attempt**.
3. **Perform the cartwheel**
 - Participants may complete the cartwheel **assisted** (with help) or **unassisted**.
 - Safely complete the cartwheel from start to finish.
4. **Time bonus**
 - Each participant who successfully completes a cartwheel will earn **5 seconds off the team's total time**.

5. **Move on**

- Once all participants have either completed or skipped the cartwheel, the team proceeds to the next station.

Station #4 – Over/Unders:

1. **Start the station**

- Participants go through this station **one at a time**.
- There are **4 balance beams** set up in a row.

2. **Over and under the beams**

- Move through the beams by **alternating**:
 - Go **over** the first beam
 - **Under** the next beam
 - Continue alternating until all 4 beams are completed
- You may **not skip any beams**.

3. **Stay in order**

- Participants must stay in the same order and **may not pass teammates** during this station.

4. **MODIFICATION: If you can't go over a beam**

- If you are unable to climb over a beam:
 - Walk **around the bar**
 - Complete **3 squats** next to the beam
 - Then continue with the rest of the station

5. **Hopscotch course**

- After finishing the over/under beams, immediately **run through the hopscotch course**.

6. **Wait for your team**

- After hopscotch, go to the **tumble track** and wait for your teammates.
- Do not move on until everyone has arrived.

7. **Penalties**

- Failing to alternate over/under or skipping a beam results in a **10-second penalty per beam**.
- Skipping hopscotch results in a **10-second penalty per person**.
- Failing to wait for teammates at the tumble track results in a **5-second penalty per person**.

8. **MODIFICATION: If you cannot participate**

- Participants who are unable to complete this station will instead:
 - Complete **10 overhead tricep extensions OR 10 marches / leg lifts**

9. **Move on**

- Once the full team has completed the station and regrouped, proceed to the mountain

Station #5 – Mountain:

1. **Start the station**

- Participants begin by moving one at a time down the tumble track toward the mountain.
- The second participant can go when the previous member is in the pit.

2. **Climb and jump**

- Each participant must:
 - Climb over the mountain
 - Jump into the pit
 - 1. **Safety Reminder: Check for people before jumping into the pit.**
 - Move from the pit to the island

3. **Finish requirement**

- The team's time will continue running until **every participant is standing upright on the island.**
- The station is not complete until the entire team is on the island.

4. **MODIFICATION: Optional skip**

- Participants who choose **not** to go over the mountain or into the pit must:
 - Make a **\$5 donation**
 - Accept a **20-second penalty** added to the team's total time

5. **Penalties**

- Failing to climb over the mountain results in a **10-second penalty.**

6. **MODIFICATION: If you cannot participate**

- Participants who are unable to complete this station will instead:
 - Complete **10 lateral raises** at the start of the station
- The **first runner must wait** until the lateral raises are completed before beginning the station.

7. **Complete and finish**

- Once all participants are standing on the island, the station your time will stop and you will then move to the minute to win it.

Minute to Win It:

1. **Set up**
 - Participants take turns — **one person at a time**.
 - There will be **6 cups** ready to use.
2. **Use one hand**
 - Each participant must use **only one hand** to complete the challenge.
 - The other hand may not help.
3. **Stack the cups**
 - Stack all 6 cups into a tower using one hand.
4. **Unstack the cups**
 - After stacking, unstack the cups completely using the **same one hand**.
5. **Time limit**
 - Each team has **1 minute** to stack and unstack the cups **one time**.
 - Other teammates may **not help** in any way.
6. **Team bonus**
 - If **the team** successfully completes the stack and unstacks within the 1-minute limit (one after the other) , the team earns **15 seconds off the total team time**.
7. **If the team does not finish**
 - If the team fails to complete the station within the 1-minute time limit, **10 seconds** will be added to the team's overall time.
8. **Move on**
 - Once all participants have completed their attempt (or time runs out), the team proceeds to ring the cow bell signaling they have completed the course!