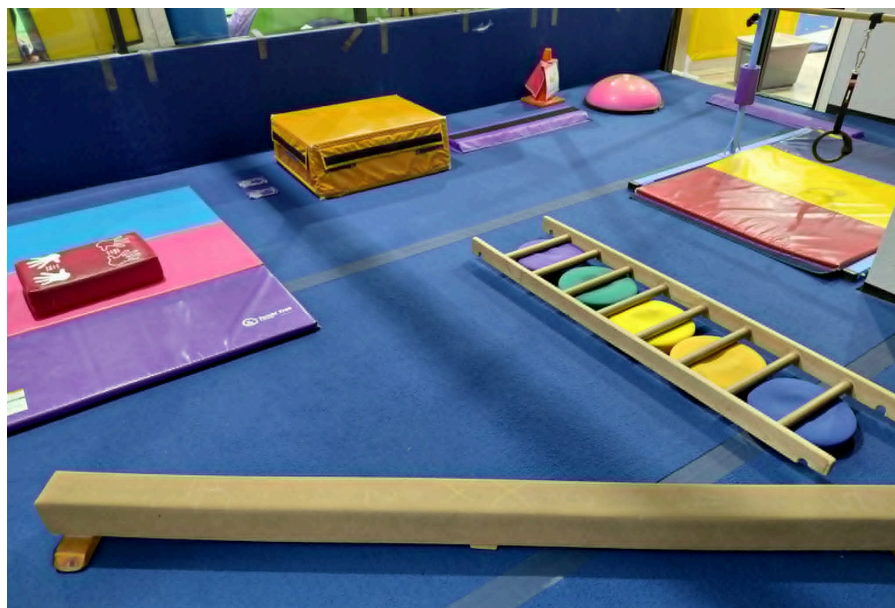
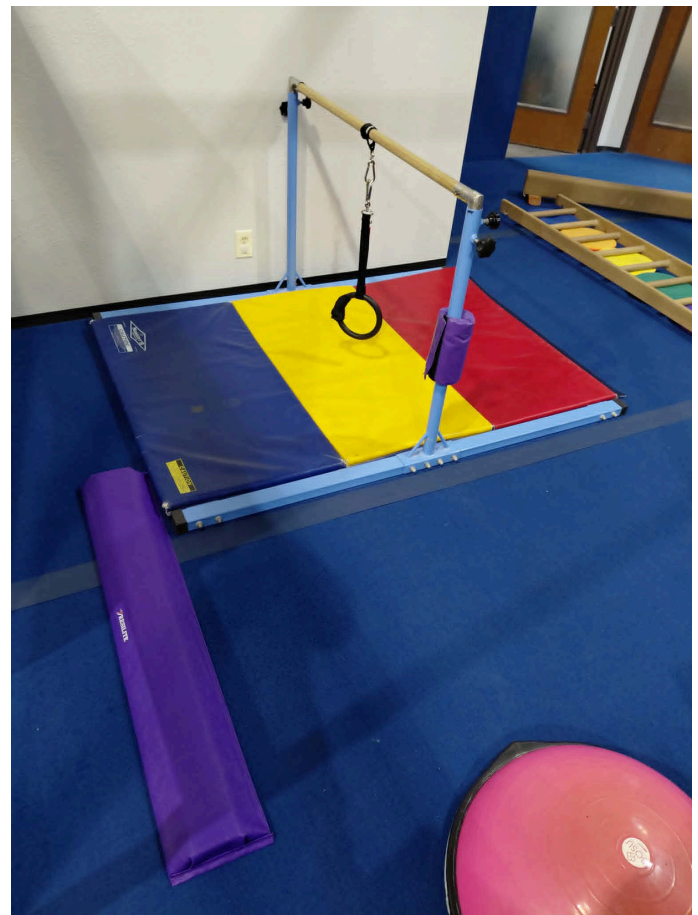
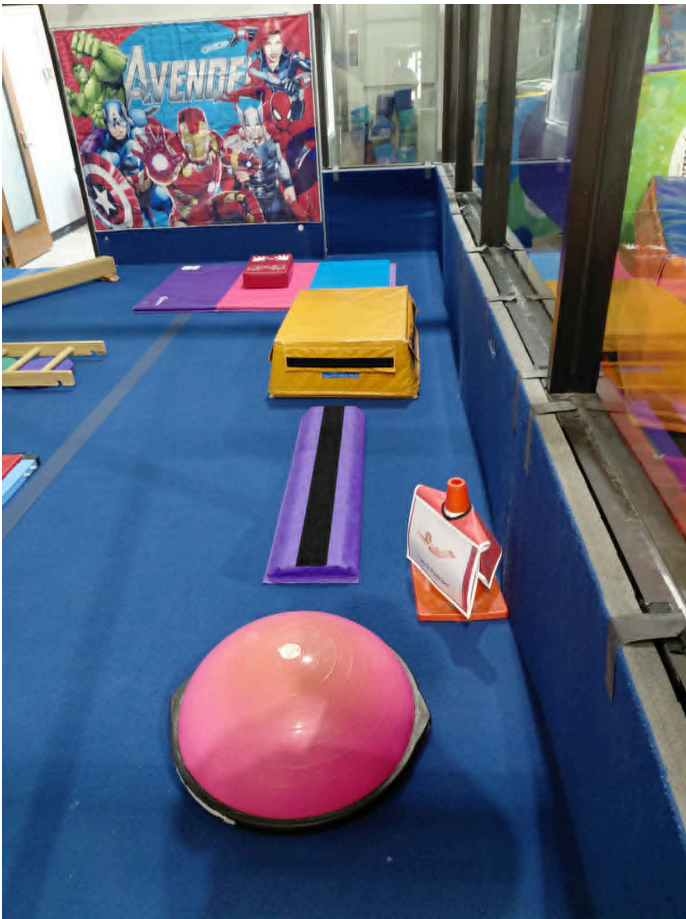


BLUE ROOM OBSTACLE COURSE - SOF Backwards + Superheroes



- “SUPER-ARCH” on Bosu ball
- SPOTTED BACKWARD roll off block
- Cartwheel
- “SUPER-STRADDLE-PRESS” on beam
- “SUPER-STEP” or climb across ladder
- Hold bar and put foot/feet inside ring and swing back and forth like a SUPERHERO