

Stop, Drop & Run Obstacles

Obstacles

- 1 High Step
- 2 Stepping Stones (Logs)
- 3 Sandbag Carry
- 4 Over/Under Station
- 5 Smoke Maze
- 6 Tube Crawl
- 7 Log Carry
- 8 Cinderblock Burpees
- 9 Tire Carry
- 10 Hose Pull
- 11 Obstacle Walls
- 12 Window Breach
- 13 Fire Supression
- 14 Slip & Climb
- 15 Up & Over
- 16 Hole in Roof
- 17 Dumpster Dive
- 18 Sidewall Climb
- 19 Balance Beam
- 20 Blitz Fire Station
- 21 Low Crawl
- 22 Body Drag

Obstacle Course Directions

- 🏠 All items

