

## Exercise 1

### Running Man

To get yourself in peak cardio condition, you can either:

- 1) Get on a treadmill. Start jogging at a slow comfortable pace for the first 5 minutes, then increase the speed to a full sprint for a full minute before reducing the speed back down to a jog for a minute or two. Alternate speeds every minute between jogging and sprinting for 35 minutes.
- 2) Free run. As you head outside for a jog, choose a point or landmark in the distance that's reasonably far and sprint to it. Do this 10 or so times throughout the course of your run, paying attention to mixing in jogging and sprinting equally.

**Related Obstacle: The Braveheart Challenge**

## Exercise 2

### TM PUSH-UP

Start out in a regular pushup position, arms straight, with two dumb bells in each hand. As you push your body upwards, rotate slightly at peak height and bring one hand up behind you so that your hands are in a vertical line.

**Related Obstacle: Boa Constrictor**

## Exercise 3

### THE FIST AND THE FURY

Grab a dumbbell, kettlebell, or anything heavy with a handle, and let it hang in front of you. Lower the weight below your hips and let it swing between your knees and legs. Try to keep your core sturdy and straight, explode upwards and swing the weight up to about eyelevel in a fully upright position. With control, do this as many times as you can, spending about 45 seconds on each arm.

**Related Obstacle: Berlin Walls**

## Exercise 4

### SCISSOR KICK

From a regular standing position, take one big step forward and lower yourself into a forward stepping lunge. This is the start position – jump and explode off the ground, getting enough air under you to scissor kick your legs and land with your opposite leg forward and ready to crouch down to the lunge position. Keep doing this, alternating your legs on each jump/repetition for 60 seconds.

**Related Obstacle: Fire Walker**

## Exercise 5

### BACK ROW

Grab a pair of dumbbells or kettlebells, hold them in front, and bend over, keeping your back perfectly parallel to the ground with your weights hanging below you at each side. Keep your core steady and begin to pull the weights in a controlled manner up to your chest, hold at the top for the rep, pause, and repeat.

**Related Obstacle: Hold Your Wood**

## Exercise 6

### DUMBBELL SIDE LUNGE

Grab your dumbbells and let them hang by your sides. Take a lateral step, stretching your leg all the way to your right, bend forward at your hips, and touch the dumbbells to the floor of the foot at finish position of your lunge.

**Related Obstacle: Swamp Stomp**

## Exercise 7

## PUSH UP + ROW

*10-15 reps or 60 secs 5-8 lb*

Grab some dumbbells and assume a pushup position, with your arms straight. Perform a regular pushup, but as you fully extend your arms at the height of the push up, take one dumbbell and bring it all the way to the side of your torso. Lower your arm and descend back to the start position. Repeat with the other arm. That's one rep.

Related Obstacle: Devil's Beard

## Exercise 8

### LUNGE + TWIST

*20-40 lb*

Grab a heavy object and clutch it tight to the middle of your chest as you stand with feet shoulder length apart. Take a step forward as you would with a normal lunge, but as you lower your body with weight in hand, twist your torso to the right, pause, and return to a full upright position. Do the same with the opposite leg. That's one rep.

Related Obstacle: Sweati Yeti

## Exercise 9

### SHOULDER PRESS

*8-15 lb controlled but straight*

Grab some dumbbells or small kettlebells in each hand and spread your feet shoulder length apart as you would for a squat. Bring the dumbbells up to your shoulders as if you were doing a shoulder press. Lower yourself as you keep the weights cocked at the shoulder, as you explode upward from the squat position, push the weights up and above your head.

Related Obstacle: Cliffhanger

## Exercise 10

### DECLINE PUSH UP

Simple, quick, and easy. Get into a normal pushup position, but put your feet on top of an elevated park bench or box, arms extended out in front of you so that your body is perfectly parallel to the floor above the ground. Begin to do as many pushups as you can in the next 60 seconds.

Related Obstacle: Kiss of Mud

## Exercise 11

### Quick Feet

*(Mountain Climbers)*

Staying in the pushup position, rapidly bring each knee towards your chest, as if you were sprinting in place or pedaling a ridiculously small bike.

Related Obstacle: The Bastard

## Exercise 12

### Tough Chin Up

Just like your old man used to do, hang from a bar with either an overhand or underhand grip and pull yourself up – be sure to try and touch your chest to the bar, or get as close as you can. This will get progressively harder as the set wears on. Remember to do as many as you can for the full 60 seconds. Even if you have to take a slight break, be sure to finish the set.

Related Obstacle: Underwater Tunnels

## Exercise 13

### Superman Plank

Get back into the pushup position you've grown accustomed to, placing your forearms on the ground and keeping your core – abs and hips – tight as possible. Hold this position for a full 60 seconds.

Related Obstacle: Greased Lightening

## Exercise 14

### Drunk Superman Side Planks

Get on your side and hold yourself up by left forearm, creating a half triangle between your lats, forearm, and ground. Like a regular plank, keep your core tight – flex if you have to – and hold the position for 60 seconds, then alternate with your right side and repeat for another 60.

Related Obstacle – Walk the Plank

## Exercise 15

### Angelina Jolie

Get in between two chairs, bars, or if at a gym, a dip machine. Grab each bar or handle with each arm and lower yourself slowly and with control, as you push up with your arms try to explode up, lifting your self completely off. Be sure to start out slow until you get used to jumping off and regaining control fo the bars.

**Related Obstacle: Ball Shrinker**

## Exercise 16

### THE TOUGH SQUAT

*slow + controlled back straight*  
Take a dumbbell, kettlebell, or large stone, anything you can find, hold it in front of your chest, stick your hips out behind you, bend the knees, and lower yourself until you're in a full squat position, take a second and then push yourself back to the start position.

**Related Obstacle: Death March**