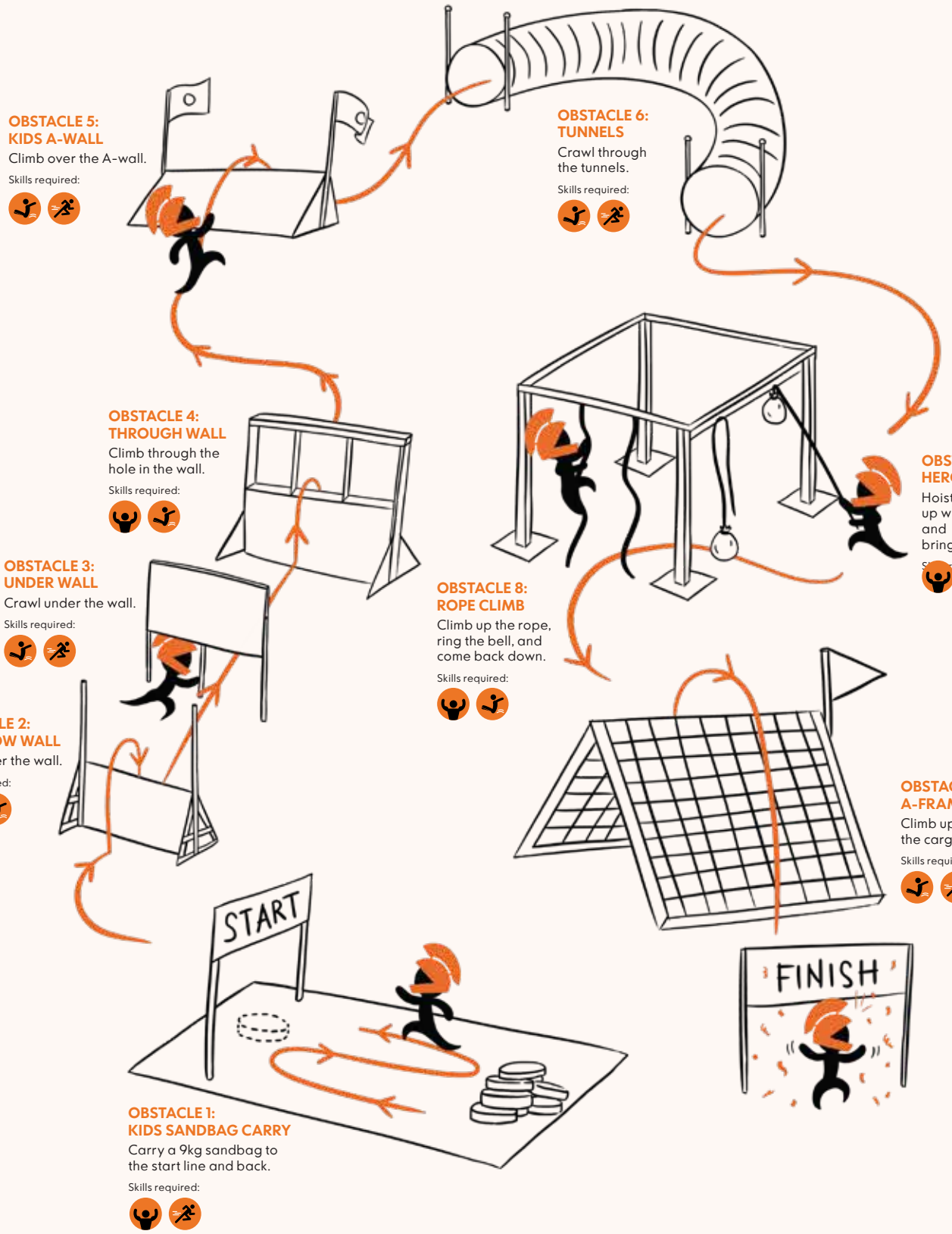
SPARTAN KIDS

PRESENTED BY ipc SHOPPING CENTRE

Know your challenges before you take on the obstacle course.
Ready? Get set, go!



OBSTACLE 1: KIDS SANDBAG CARRY
Carry a 9kg sandbag to the start line and back.
Skills required:

OBSTACLE 2: OVER LOW WALL
Climb over the wall.
Skills required:

OBSTACLE 3: UNDER WALL
Crawl under the wall.
Skills required:

OBSTACLE 4: THROUGH WALL
Climb through the hole in the wall.
Skills required:

OBSTACLE 5: KIDS A-WALL
Climb over the A-wall.
Skills required:

OBSTACLE 6: TUNNELS
Crawl through the tunnels.
Skills required:

OBSTACLE 7: HERCULES HOIST
Hoist the sandbag up with the pulley and bring it back down.
Skills required:

OBSTACLE 8: ROPE CLIMB
Climb up the rope, ring the bell, and come back down.
Skills required:

OBSTACLE 9: A-FRAME CARGO NET
Climb up and over the cargo netting.
Skills required:

= Strength = Speed = Agility