

NEW ENGLAND MAP

AMESBURY, MA 06.29.13



COURSE LENGTH:
5.50 miles

CIVILIAN
MILITARY
COMBINE

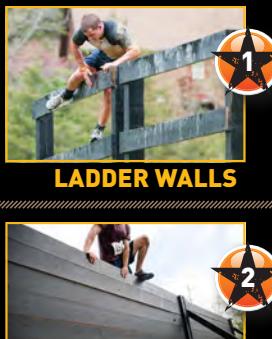
- ★ STAGING AREA
- THE PIT
- OBSTACLE
- ◆ FINISH

THE ULTIMATE TEST OF STRENGTH, ENDURANCE, AND AGILITY

EVENT: 2013 NEW ENGLAND MOUNTAIN ASSAULT | DATE: June 29, 2013 | LOCATION: Amesbury, MA



SHOULDER-TO-OVER-HEAD PUSH PRESS



LADDER WALLS



WIRE LOW CRAWL



OVER UNDERS



RANGER ROPES



JUMP OVER BURPEE
BOX JUMPS



CORRUGATED PIPE CRAWL



FOREST RUN



HALF PIPE HIGH CRAWL



TIRE RUN



KETTLEBELLS



LADDER WALLS



ROPE A-FRAMES



DOME CLIMB



SWINGING LADDER WALLS



HAY BAILE MOUNTAIN



CARGO NET CLIMB



INVERTED WALLS



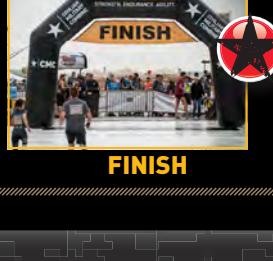
LOG JUMP



OVER UNDERS



CARGO NET



FINISH