Forest Warrior is 10k of scenic trails with all the obstacles that can be squeezed in to this scenic course.

Featuring unique and challenging obstacles such as The Iceberg, Tarzan and Jane, The Flying Squirrel and The Final Assault, expected to test your grit, determination, strength, stamina, and friendships!
CRAWLS

HOW TO PREPARE

- Press Ups
- Bear Crawls
- Planks & Plank Variations
- Mountain Climbers
- Squat Thrusts

ON THE DAY

There will be more than one opportunity to crawl during Forest Warrior! Whether there’s water or mud below, barbed wire or electric cables overhead, just stay low on your elbows, push with your feet and keep your head down!
THE WATERFALL

HOW TO PREPARE

- High Step-Ups
- Box Jumps
- Mountain Climbers
- Burpees

ON THE DAY

Embrace the chill and cool off in the waterfall! Using explosive power, move quickly up the steps. You might find that practicing crawling speed comes in handy here too...
ROTATING BRIDGE

HOW TO PREPARE

- Single-Leg Balance Exercises
- Lunges
- Single-Leg Squats
- Core Stability eg. Planks
- Sprints

ON THE DAY

Don’t let the Rotating Bridge catch you out! Aim straight down the middle, stay upright and run as fast as you can in a straight line. If you feel the bridge tilt in either direction - just pray that your core strength will keep you balanced!
THE ICEBERG

HOW TO PREPARE

- Pullups
- Rock Climbing or Bouldering
- Squat Jumps
- Grip Strength & Hanging
- Swimming!

ON THE DAY

The Iceberg is a strength-draining awkward obstacle. Even if you’re lucky to have it to yourself, it might move in any direction as you attempt to climb so hold on tight to any handles or footholds, then don’t hesitate in jumping (or sliding) from the top!
TARZAN & JANE

HOW TO PREPARE

- Grip strength based exercises such as pullups or dead hangs.
- Balance exercises such as squats on a wobble board or bosu.
- Hanging knee/leg raises.
- TRX Row

ON THE DAY

Take a moment before jumping in to think about your route through - there may be a few options! Keep three point of contact eg. two arms, one foot or both feet and one arm as you move through to preserve energy!
THE FINAL ASSAULT

HOW TO PREPARE

- Whatever is thrown at you, take it head on.
- Don’t worry about heights.

- Believe in yourself and your strength
- Conquer The Final Assault!
FOREST WARRIOR

1ST APRIL 2017
FOREST NINJA

2ND APRIL 2017
FOREST WARRIOR 10K

WWW.FORESTWARRIOR.CO.UK