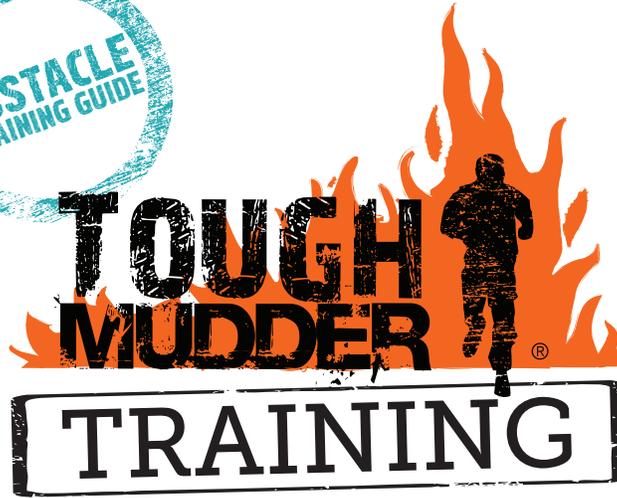


OBSTACLE
TRAINING GUIDE



POWERED BY  **CELLUCOR**[®]



YOUR MUDDER JOURNEY STARTS TODAY

Training for Tough Mudder can seem intimidating. After all, it's not called Only Slightly Difficult Mudder.

However, a common misconception is that you need to be a six-pack sporting, neckless gym rat to reach our finish line. Truth is, the only things you'll need to reach the finish line are great teammates and a burning desire to do just that - finish.

To help you get Mudder ready, regardless of your current fitness level, we've created this think-outside-the-gym, obstacle-specific training guide of exercises that can be executed anytime, anywhere.

Just like obstacles on course, if you want to skip any of these exercises, go ahead and do so. We want you to look at training as your challenge. Using this guide as a complement to your current routine, start with multiple sets of manageable reps and increase reps as your strength, ability and confidence grows.

Only you know what's right for you.

Now turn the page. You're out of excuses.

EVEREST 2.0

Twenty percent higher with a tougher summit to grip, getting up this slick quarter pipe is more team-oriented than ever. If you've gotten up Everest alone in the past, you might want to rethink your strategy this year.



WIND SPRINTS

Mark out a distance 20 yards away and practice gathering speed as you run toward your marker. Turn over your stride quickly in short, choppy steps and stay on your toes.



KNEES TO ELBOWS

Hanging from a bar, bring both knees as high as you can in an attempt to reach them to your elbows. Slowly lower your legs and repeat.



BOX JUMPS

From a standstill, drive down and through your hips, jumping atop a sturdy object in front of you. Think explosive and light. Stand fully upright on the box to complete the jump. Repeat. For simplification, repeat stepping up the box and back down.

FUNKY MONKEY 2.0

You've never seen monkey bars as funky as these. The first half of the obstacle: monkey business as usual. During the second half, however, Mudders must transition and grab a trapeze bar, swing onto a descending pipe and shimmy hand-over-hand to the finish.



BAR HANG

Hang from any sturdy bar-like structure and hold on as long as you can. Get a friend and see who can hold on the longest. Make your hands slick or add pull-ups in to increase difficulty.



SIDE-TO-SIDE PULL-UPS

Using a staggered grip, perform a pull-up and look down the bar with your shoulders perpendicular to it. On your first pull-up, move to the left side of the bar. On the next pull-up, move to the right. Alternate which hand is in front when you alternate sets. Use a partner for support if necessary.



BICYCLES

In a sit-up position, crunch so your elbow touches your opposite knee at a 90-degree angle. Repeat on the opposite side. Legs should go from straight to a 90-degree bend. Start slow until you master the motion.

BIRTH CANAL

Challenging Mudders to crawl under a water-filled liner, Birth Canal is as deceptively tough as it is hilariously fun. As you wiggle through this obstacle, the water pushing down on you from above postpones the born-again feeling that awaits you on the other side.



PLANK

With hands planted directly beneath the shoulders, squeeze your glutes and abs tight. Keep your butt down. Have a plank-off with a teammate and see who can hold the longest.



ARMY CRAWL

Crawl keeping your hips and shoulders low to the ground and use your shoulders and lats to drag yourself. Carry a sandbag or small child on your back for added difficulty.



PUSH-UPS

Keep your butt down and your body straight like a board. Flare out your elbows to focus on your chest. Keep your elbows by your sides to work your triceps.

BALLS TO THE WALL

This gym class flashback of an obstacle requires you to scale a 3.5-meter wall using a muddy rope and your own two feet. Once you reach the top, swing a leg over and descend down the other side using the challengingly spaced-out footholds.



PLANK ROTATIONS

From a plank, raise your right arm in the air and twist, supporting yourself with your left hand. Switch between arms while keeping your core tight. Your ankles, hips and shoulders should remain in a straight line.



LATERAL LUNGE

Keep your weight back over your heels. Squat to the right until you reach a 90-degree bend in your right knee. Keep your left leg straight and your hands in front of you for balance. Return to center and repeat on the left side.



MOUNTAIN CLIMBERS

Align shoulders, hips and ankles in a plank. Keep your hips down to engage your core. Bring your right knee to your right elbow. Quickly shift into this position on your left side. Pick up the pace quickly alternating from right to left.

KING OF THE SWINGERS

As exhilarating as it is downright fun, King of the Swingers requires you to leap off a ledge and reach for a handled pipe dangling above a pit of muddy water. Once airborne, try to hold on long enough to reach for and ring the hanging bell in front of you.



SUPERMAN

Lay facedown and arch your back, raising shoulders and legs off the ground. Align arms, legs and torso with fingers and toes just off the ground. Release to the ground and return for another rep.



BAR HANG

Hang from a sturdy bar-like structure and hold on as long as you can. Get a friend and see who can hold on the longest. Make your hands slick or add pull-ups in to increase difficulty.



BROAD JUMPS

With knees wider than your shoulders, bend your knees to generate power and jump as far forward as you can. Think explosive on takeoff and use your arms for added power. Land softly.

THE LIBERATOR

A mad mountaineering challenge, at The Liberator, you'll get to scale and descend a 10-foot A-frame using pegs and rope to conquer this obstacle. This new 2015 obstacle puts hand-eye coordination and focus under physical exertion to the ultimate test.



CORN ON THE COB PULL-UPS

Raise yourself until your chin is over the bar. Shift your chin back and forth between your left and right hands. If you need assistance staying up, have a partner hold your bent legs.



TOES TO BAR

Hanging from a bar, gather momentum with your hips and swing your toes to the pull-up bar. Lower your legs and repeat. As a simpler alternative, swing your knees to your elbows and repeat.

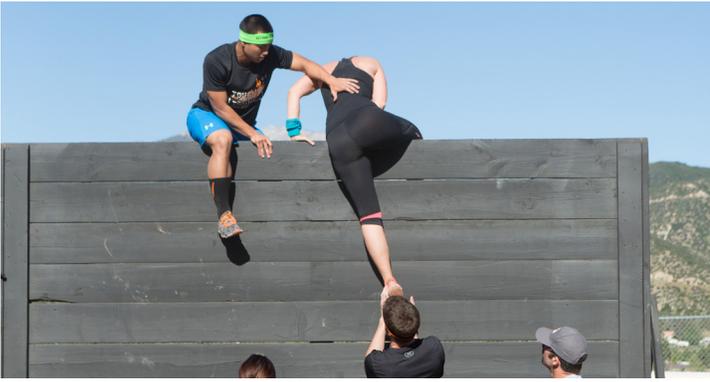


FARMER'S HOLD

Find two similarly weighted objects of any shape and size. Pick them up and hold them. Lift with the legs and keep your back straight. Put them down. Repeat.

BERLIN WALLS

A long-standing Tough Mudder classic, these super-sturdy 10-foot walls are continuously home to epic displays of camaraderie and teamwork. Home to many a bottom boost and helping hand, no Mudder will be left on the outskirts of these towering timbers.



PULL-UPS

Be sure to use your full range of motion, from a dead hang to chin above the bar. Pause for a few seconds at the top and bottom of each rep to add difficulty. If you're a beginner, start with a flexed arm.



LEG RAISES

Start with both legs 3 inches off the ground. Raise your heels as high as possible without bending your knees. To take pressure off your lower back, put your hands under your tailbone.



PLYO JUMPS

Keep your shoulders centered over your ankles and explode vertically. For takeoff and landing, knees should hit or break at 90 degrees. For added difficulty, transition into a box jump.

SKIDMARKED

A looming 10-foot wall angled toward you and your team, Skidmarked puts both mind and body to the test. Work together to ultra-boost each other up to the Mudders hanging down from the top of the obstacle, balancing on tires.



MUSCLE UPS

Hanging from a bar, pull yourself up and, in one fluid motion, use your triceps to push down, lifting your torso over the bar. Use a partner for support below.



DIPS

At the top of your muscle up, transition into dips by using your triceps to lower yourself toward the bar and pushing yourself back up. Again, use a partner below for spotting.



RAILING JUMPS

Find a sturdy railing, fence or wall and grip it with both hands. Explode from one side to the other in one fluid motion by kicking your feet to the side. As an alternative, practice pivoting and rolling over the railing.



HUMAN HAMSTER WHEEL

An endurance-testing perpetual monkey bar machine in the base area at TM events, HHW rewards those who rack up record-breaking wheel rotations with awesome prizes, including free Chipotle burritos for a year.



SCAPULAR PULL-UPS

From a hanging position, raise yourself 4 inches using your traps instead of your arms. Lower yourself using a reverse shrug motion.



HANGING HIP TOUCHES

Hanging from a bar with both hands, let go of one hand and use it to touch your pocket area. Bring your hand back to the bar and repeat movement with your other hand. Alternate hands. Use a partner for support if necessary.



PULL-UPS

From a full hang to chin above the bar, use your full range of motion. Pause for a few seconds at the top and bottom of each rep to add difficulty. If you're a beginner, start with a flexed arm.



DEAD RINGER

A Legionnaire-exclusive obstacle, Dead Ringer requires Mudders to sideways climb along a series of ascending and descending pegs using heavy-duty rings. Miss the mark and brace for the ground below.



90-DEGREE HANG

Practice hanging from a bar while keeping your arms bent at 90 degrees. Grab a friend and see who can hold on the longest.



ALTERNATING KNEES TO ELBOWS

Hanging from a bar, bring your right knee to your right elbow and lower it back down. Repeat with your left knee. Get into a rhythm alternating back and forth.



WALK THE PULL-UP BAR

Hanging from a bar, shimmy your hands sideways from one side of the bar to the other. Once you reach one side, go back to the other. Have a partner support your hips if necessary.

BEACHED WHALE

As immovable as its namesake, Beached Whale is a 12-foot tall, 18-foot deep, 30-foot wide inflatable monstrosity that requires Mudders to strategically form a human pyramid to reach its other side. Try to conquer this obstacle alone, and this massive mammoth will make you pay.



ZOMBIE DRAG

Laying on your stomach, reach your hands out and use your fingertips to drag your body across the floor. Don't rush - take your time and build your grip strength.



12 PACK TWIST

Standing back to back with your partner, twist and pass two six packs back and forth, activating your core while practicing hand-eye coordination.



PARTNER ROWS

Have your partner lay down with arms reaching up. Stand over your partner and pull his/her arms raising and lowering him/her to the ground, staying tight through your midline.

MENTAL GRIT OBSTACLES

Tough Mudder is all about mental grit and, some of our obstacles require nothing more than a little spark of boldness (and maybe a battle cry). Here are three of our most epic, talked-about originals, all new for 2015.



ELECTROSHOCK THERAPY 2.0

The electrifying crown jewel of every Tough Mudder course, Electroshock Therapy is the final obstacle on every course - and arguably the most daunting. A gauntlet of dangling 10,000-volt wires, the strategy for this one is simple: link arms with your teammates, scream and sprint knowing that a finish line beer is mere seconds away.



CRY BABY

While whining has never been tolerated on course, you might get pardoned on this tearjerker of an obstacle. An enclosed structure filled with a (safe) tear gas-like substance and hazards littered along the way, Cry Baby will have your eyes flowing with tears of, um, laughter--yeah, laughter.



ARCTIC ENEMA 2.0

An update to Tough Mudder's signature ice bath obstacle, Arctic Enema 2.0 forces you down a short slide, under a chain-link fence, and into freezing cold pool of ice water. Once submerged, you'll have to boost yourself over a wooden partition before emerging victorious.

TOUGH TIPS FOR MENTAL GRIT OBSTACLES:

- Remember that **nothing lasts forever**, and it's gonna feel great when it's over.
- **Don't overthink**. The quicker you're in, the quicker you're out.
- It's okay to be nervous. **Own it**, and encourage your teammates to do the same.