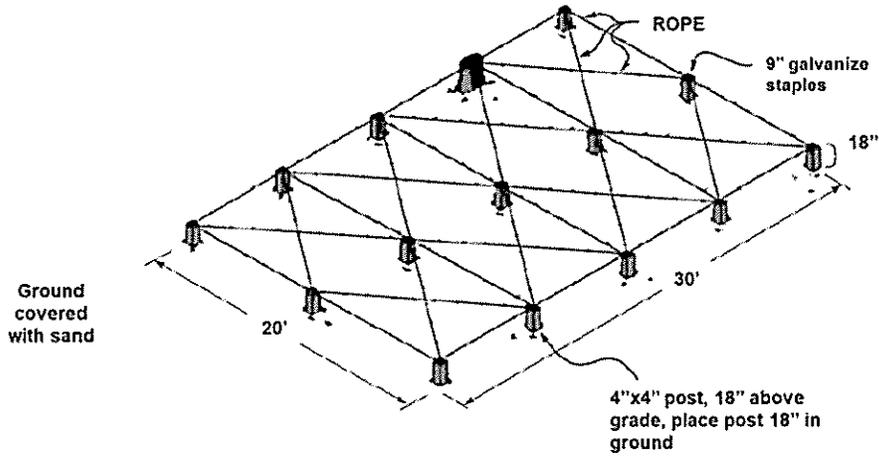
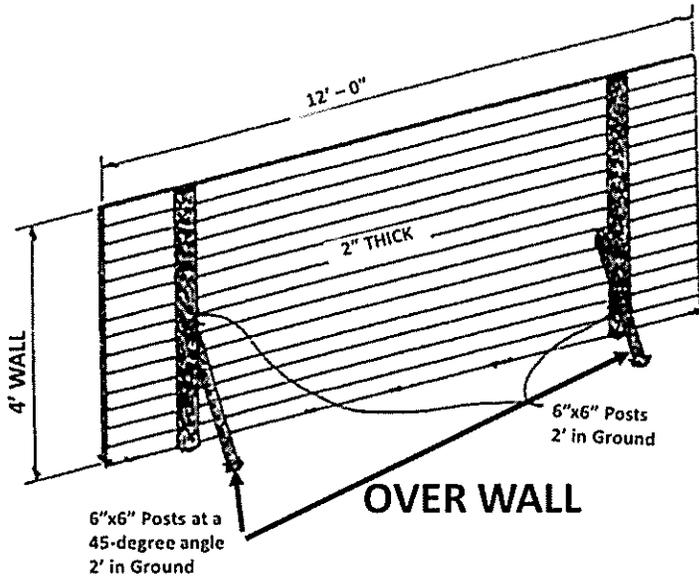


Appendix B (Raider Fitness Challenge)

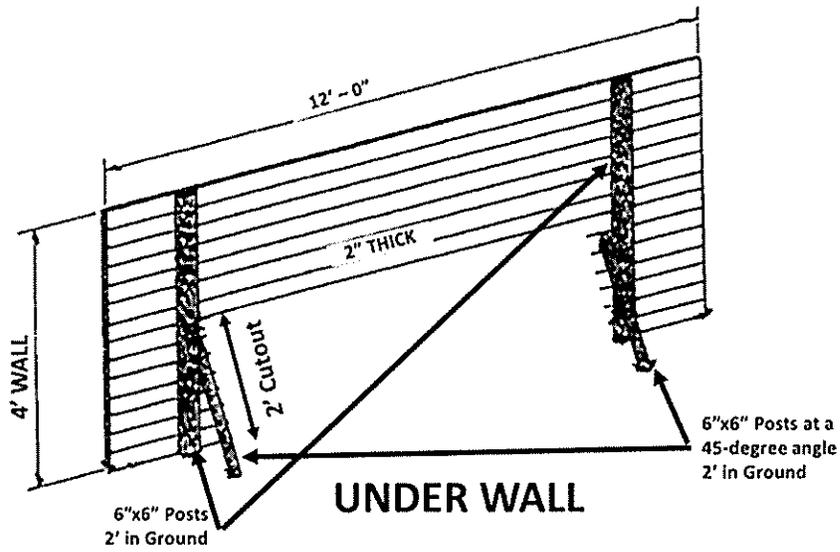
BELLY CRAWL



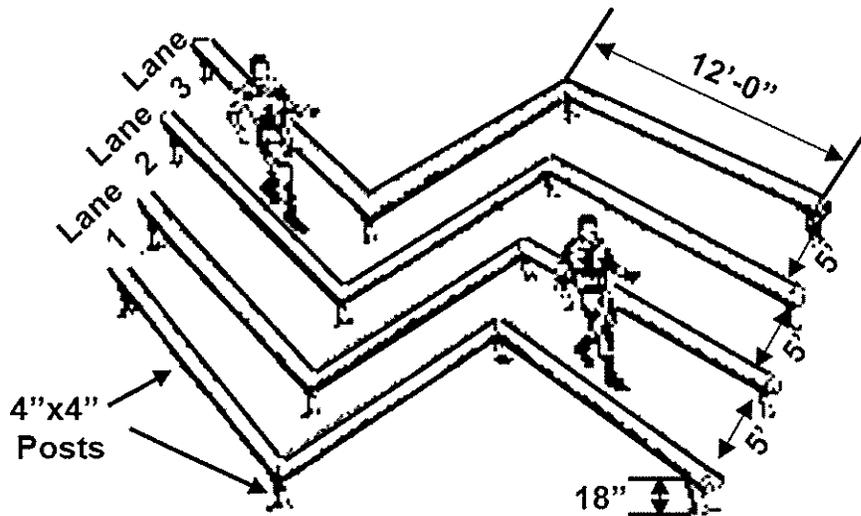
OVER OBSTACLE



UNDER OBSTACLE

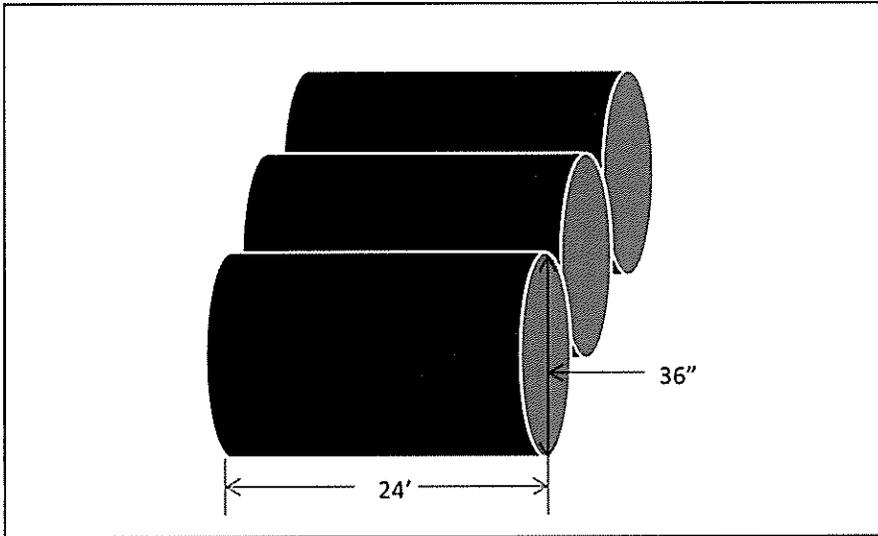


ZIG ZAG MAZE

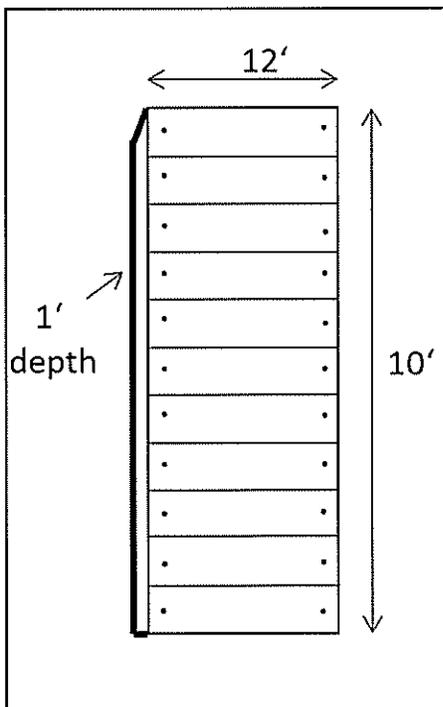


Appendix C (Cross Country Rescue)

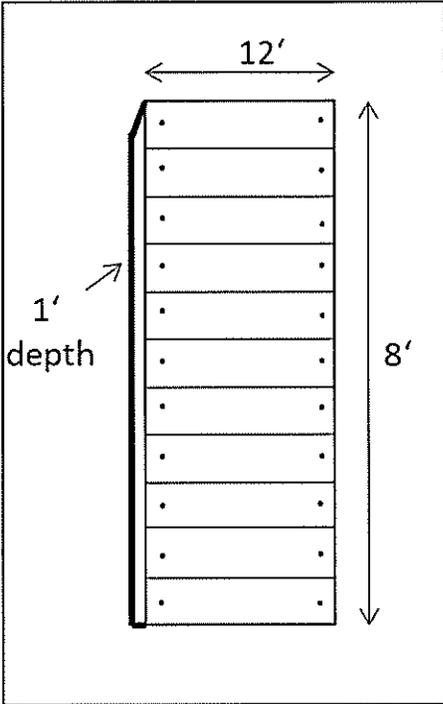
CULVERT TUBE



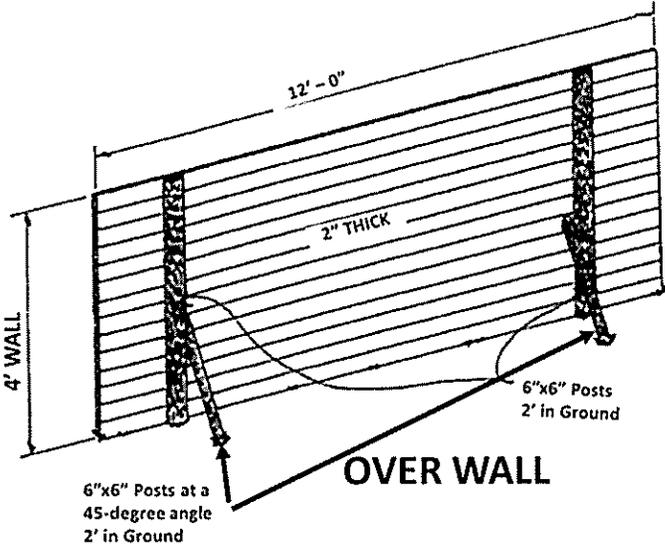
10' WALL



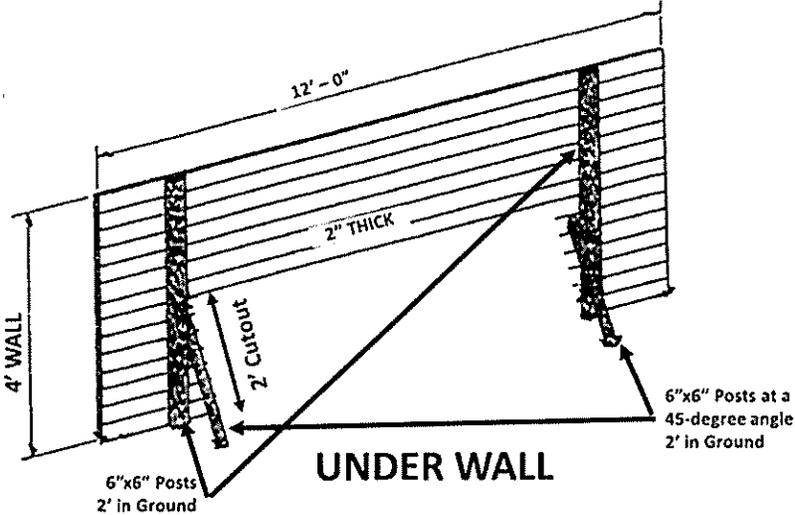
8' WALL



OVER OBSTACLE



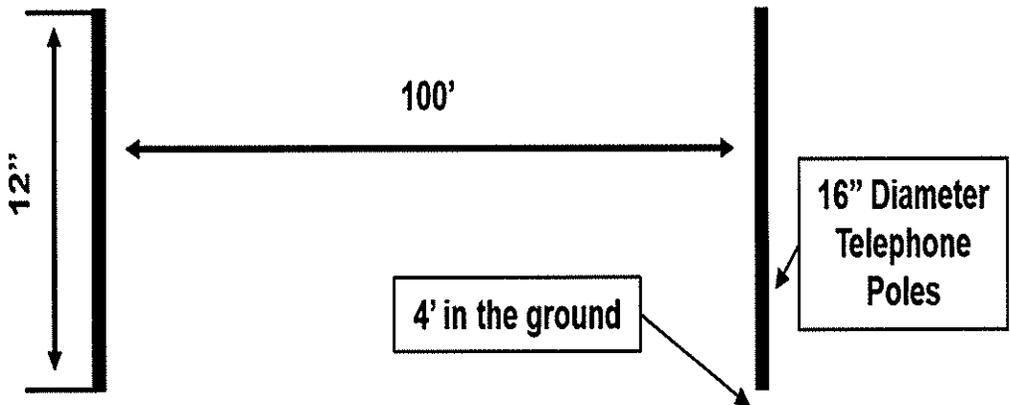
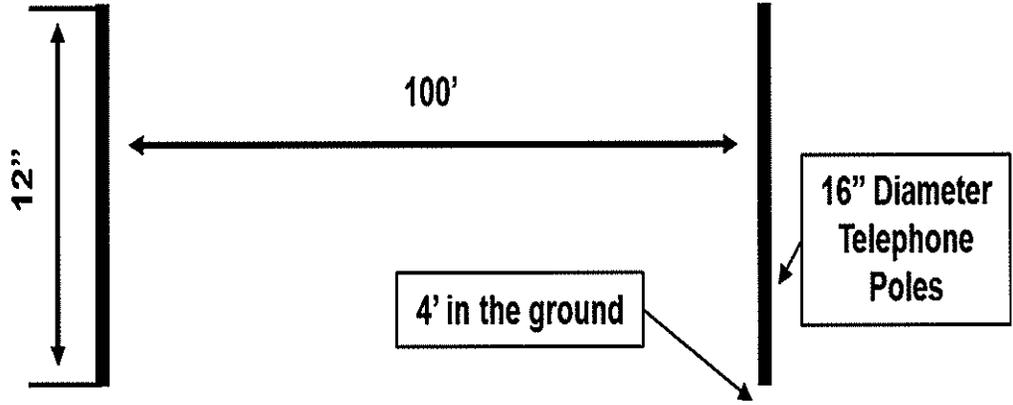
UNDER OBSTACLE



UNDER WALL

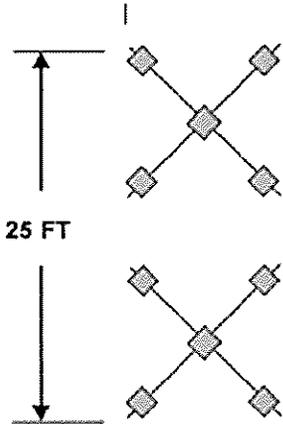
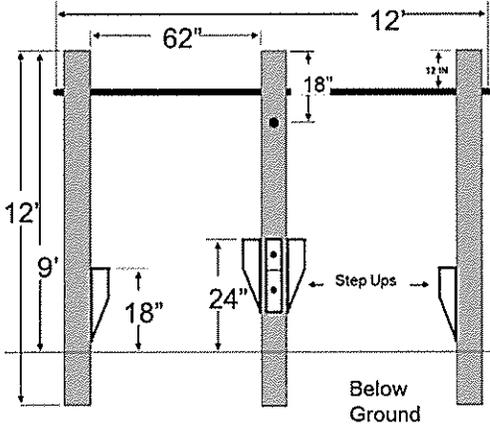
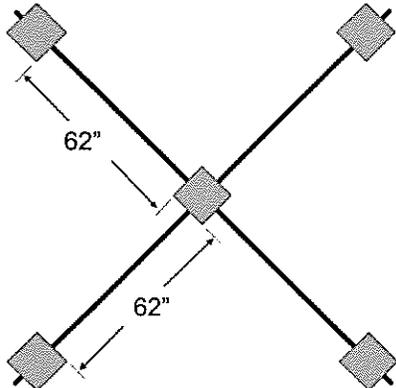
Appendix D (One Rope Bridge)

ONE ROPE BRIDGE x 2



Appendix E (Pull Up Bars)

PULL UP BARS x 2



Appendix F (Start Corral)

START CORRAL:

