



ANW.145 COMPETITION SET

8 RINGS

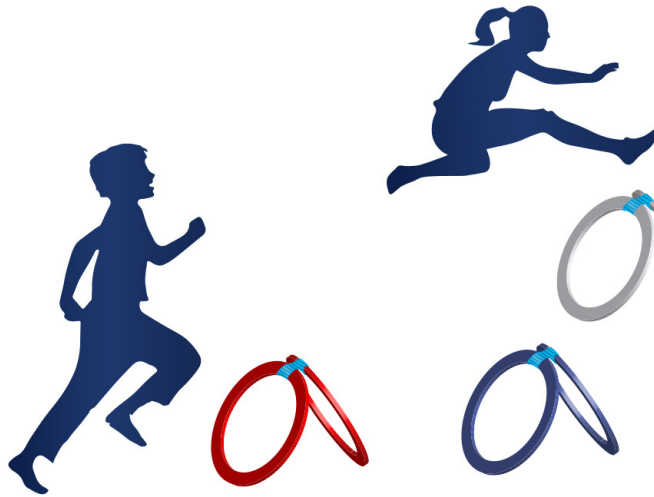
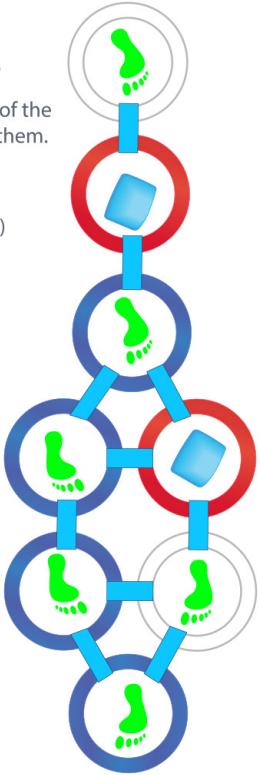
CREATE YOUR OWN OBSTACLE COURSE!

OPTION 1

Classic Hop Scotch Type
- with the two bean bags

Toss Bean Bags into Two of the
Rings. Then hop around them.

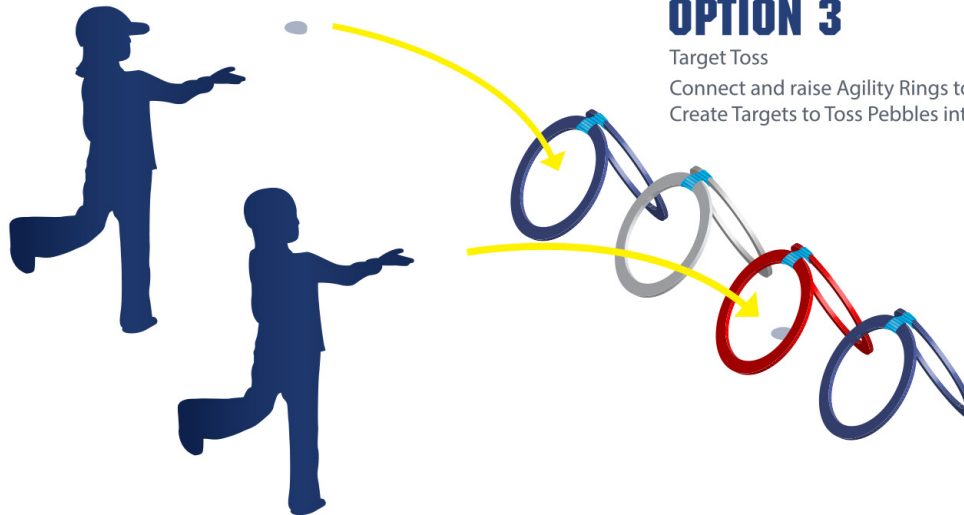
(Bean Bags not included.)



OPTION 2

Hurdle Jumping

Connect and raise Agility Rings to Jump
Hurdles as you Race!



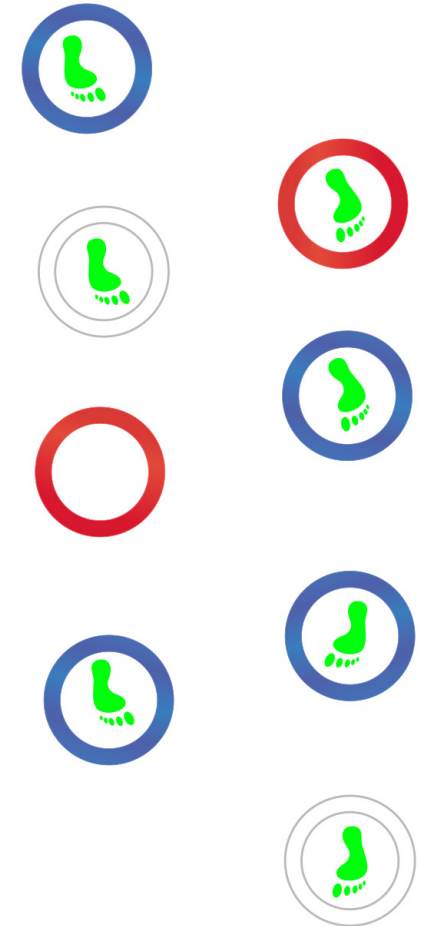
OPTION 3

Target Toss

Connect and raise Agility Rings to
Create Targets to Toss Pebbles into.

OPTION 4

Space your Agility Rings out
and jump from ring to ring.

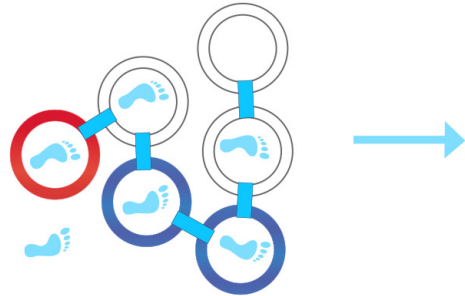




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EXAMPLE #1. 1 PERSON- TIMED RACE

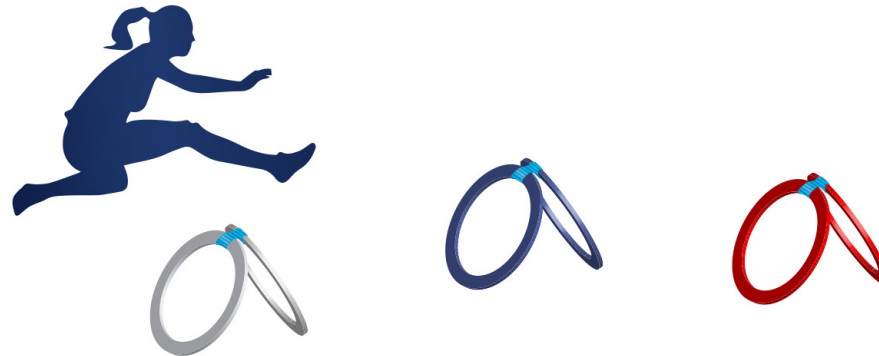
#1 RUN THROUGH THE AGILITY RINGS



#2 HOP TO THE CONE WITH THE JUMP SACK



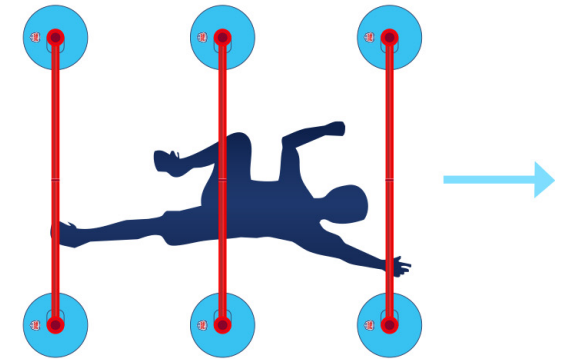
#3 JUMP OVER RAISED AGILITY RINGS



#4 JUMP ROPE 50x



#5 CRAWL THROUGH THE BEAR CRAWL



CREATE YOUR OWN OBSTACLE COURSE!

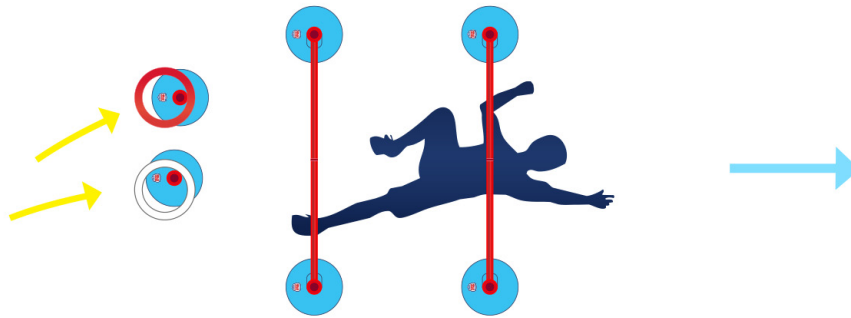


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EXAMPLE #2. 1 PERSON- TIMED RACE (EXTENDED VERSION)

#1

TOSS THE RINGS ONTO THE POSTS AND CRAWL THROUGH THE BEAR CRAWL



#3

TOSS A PEBBLE INTO THE AGILITY RINGS AND JUMP THROUGH THEM LIKE A GAME OF HOPSCOTCH



#2

HOP TO THE NEXT STATION CONE WITH THE JUMP SACK



#4

HOP TO THE NEXT STATION CONE WITH THE JUMP SACK



CREATE YOUR OWN OBSTACLE COURSE!

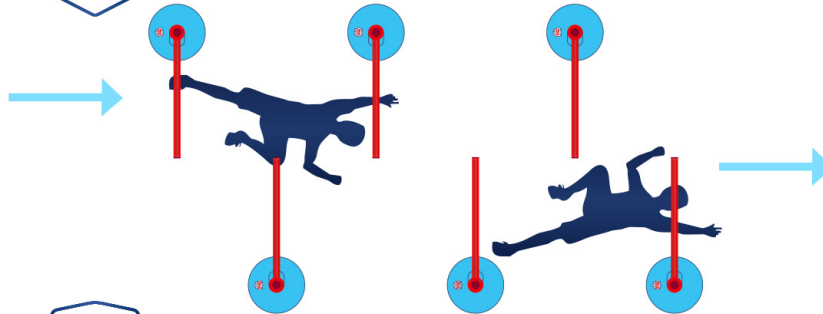


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EXAMPLE #3. 2 PERSON- TIMED RACE (EXTENDED VERSION)

#1

CRAWL THROUGH THE BEAR CRAWL



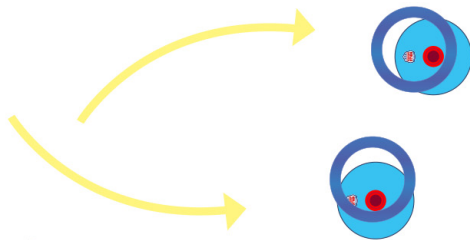
#2

HOP TO THE OBSTACLE WITH THE JUMP SACK



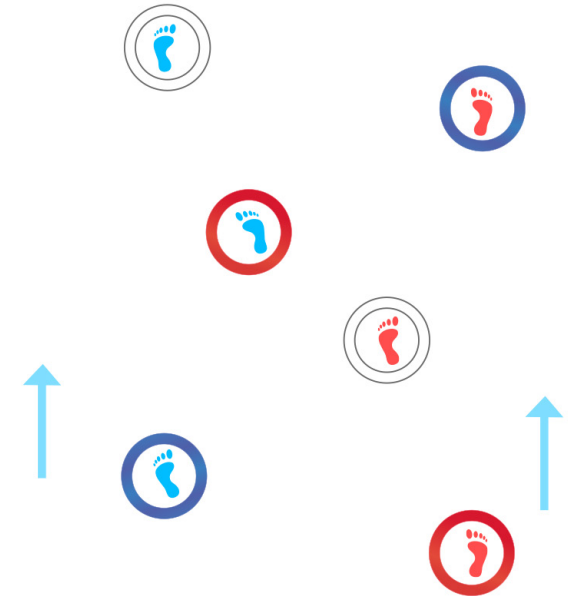
#3

TOSS THE RINGS ONTO THE POSTS



#4

RACE THROUGH THE LONG JUMP/STRIDE AGILITY RINGS



CREATE YOUR OWN OBSTACLE COURSE!



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EXAMPLE #4. HEAD TO HEAD RACE (2 PEOPLE)

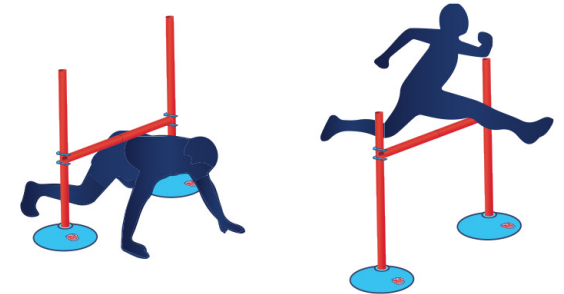
#1

HOP TO THE NEXT STATION WITH YOUR JUMP SACK



#3

RACE UNDER THE BEAR CRAWL AND JUMP OVER THE HURDLE



#2

TOSS PEBBLES THROUGH THE RAISED AGILITY RINGS



#4

GIANT HOP CHALLENGE



CREATE YOUR OWN OBSTACLE COURSE!

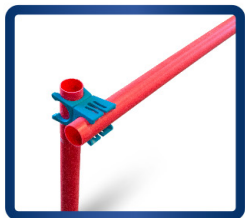


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BEAR CRAWL/ HURDLES 3 FULL HURDLES

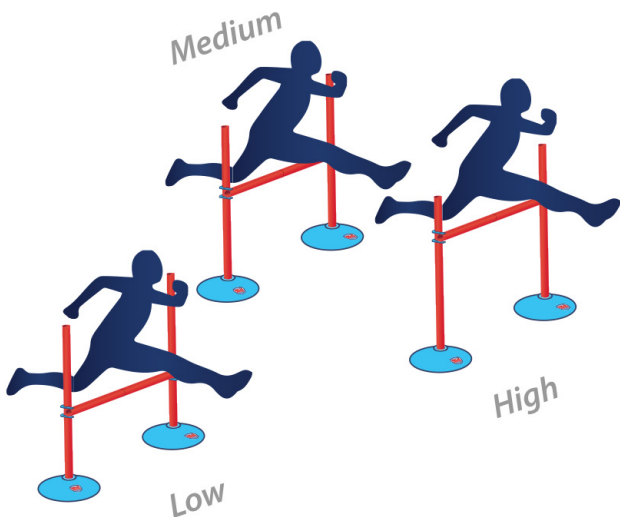
For assembly instructions :

1. Connect 2 red tubes using the included red connector
2. Insert 1 red pole in each blue base
3. Connect the long hurdle pole to the vertical base poles using the included blue clips. Adjust height as needed



OPTION 1

Adjust your Hurdles to any height.

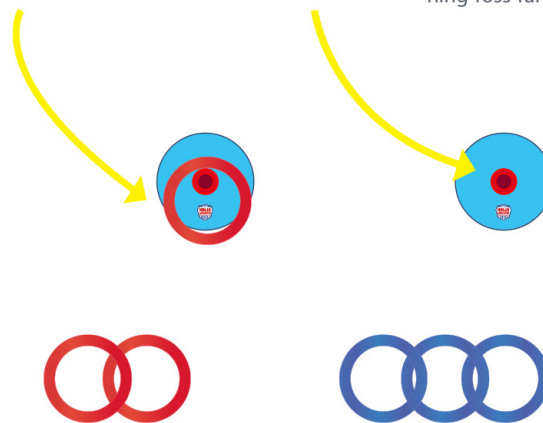


OPTION 2

Standard Army Crawl under lowered Hurdles.



Then take the last two Hurdles and Turn them into Ring Toss Targets.



OPTION 3

Under / Over

Crawl Under then Jump Over the Crossbars

