

## Ultimate Obstacle Race Training Crush The Worlds Toughest Courses

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Sure, passing the Barbwire Obstacle is doable for most Spartans-but it slows them down. To avoid this, practice staying low to the ground, get comfortable with rolling, and embrace face-fulls of mud, dirt, grass, and rocks. Add uphill and downhill sections if you have access to them to simulate course-like conditions.

~~Backyard Obstacle Course: DIY to Crush OCR ... Spartan Race~~

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