

PALADIN FITNESS RACE

Race Day: 21.07.24

BRISBANE RIVER

PARKING

ZONE 4	ZONE 3	ZONE 2	ZONE 1
Burpees	Rower	Bike erg	Skierg
Ball Overs	Plate Thrusters	Box Overs	Ground 2 Over-head
	Butterfly Sit ups	Walking Lunges	Bearhug Squats

DJ

EXIT

ENTRY

UQ SPORTS ATHLETICS CENTRE

ROAD

GRANDSTAND
AMMENITIES

REGISTRATION
TENT

FINISH

RECOVERY

FOOD

KIDS JUMPING CASTLE

