## Tyrecombo/Hanging wood

**OBJECTIVE:** Move forward by holding onto the tires (tyrecombo) or beam (hanging wood).



## **RULES:**

- 1. Must start from behind/on top of the first barrier.
- 2. Must not touch the ground.
- 3. Putting legs in the tires or on the beam is allowed.
- 4. It is forbidden to grab the frame or chains.
- 5. Must touch the bell with your hand at the end.

## **PENALTY:**

20 burpees.

