

1. Participants cycle on rough tracks with obstacles.
2. Participants climb and hold a T-bar which rolls over a wire.
3. Participants use a skateboard to ride on and perform tricks.
4. Participants climb rock faces using ropes and other equipment.
5. Participants use air guns to shoot capsules of paint at each other.
6. Participants jump from an aircraft and perform acrobatic moves during the fall before landing using parachutes.

