



### **Bear Crawl Push-Up Challenge description**

- \*Students start in a bear crawl position with feet and hands on the bars at the low end of the station.**
- \*Students will crawl across until they have reached the other end (with their hands past the taped lines).**
- \*They will perform two push-ups and drop down to their feet and turn around.**
- \*He/She will then get back up on the bars in the bear crawl position again, crawl from the high end to the low end, and do two more push-ups.**
- \*This counts as one rotation.**



**2 rotations = Ninja Bronze Level**

**4 rotations = Ninja Silver Level**

**8 rotations = Ninja Gold Level**

**10 rotations = Ninja Kong Level**

**\*Students who earn any of these levels will get their name on a certificate to be placed on the wall. Students must also earn at least a silver level on the parallel bars challenge before being invited to do this advanced ninja challenge!**