



Ninja Circuit Challenge

*Students start on H. Ladder, high to low end hand over hand.

*Go immediately to Sit Up Station and do 5 Push Ups using the Sit Up bench.

*Immediately do 10 Sit Ups, no resting. Proceed to the Vault Bar.

*Do 20 Jumps at the Vault Bar. Proceed back to the H. Ladder

*Go low end to high end. This completes one circuit.



There is no Bronze, Silver, Gold, or Kong levels on this as of yet. We are going to experiment to see what most students are able to do and go from there. We will experiment with timing of one circuit and with seeing if students can do multiple circuits to determine how to get our medal levels.