

INTERMEDIATE NINJA GOALS



FLIPPING

DASH VAULTS

ROUND-OFFS

HANDSPRINGS DRILLS

FLIPPING DRILLS

WALL DRILLS

SWINGING

GRIP WORK

SWINGING CONTROL

FLUID MONKEY BARS

LANDING/BOUNCING

ROUND-OFFS

HANDSPRINGS

HANDSTAND WALKING

FLIPPING SHAPES

BALANCING

COMBO VAULTS

KONG VAULT

DYNAMIC SURFACE BALANCING

STRENGTH

PUSH-UPS

PLANKS

CRUNCHES

ADVANCED SQUATS

ROPE 7 STEPS

LEG LIFTS

PULL-UP IN SHAPES

DIPS IN SHAPES