

# INTERMEDIATE NINJA GOALS



## BALANCING/WALL

WALL WORK DRILLS

DYNAMIC BALANCING / WALKS

## FLIPPING

NINJA VAULTS OVER SURFACES

ROUND-OFFS DRILLS

HANDSPRINGS DRILLS

HANDSTAND WALKING

WALL DRILLS

## STRENGTH

PUSH-UPS

PLANKS

CRUNCHES

ADVANCED SQUATS

ROPE 7 STEPS

LEG LIFTS

PULL-UP IN SHAPES

DIPS IN SHAPES

## SWINGING

GRIP WORK

SWINGING CONTROLS

FLUID MONKEY BARS

## LANDING/BOUNCING

ROUND-OFFS

HANDSPRINGS

FLIPPING DRILLS

FLIPPING SHAPES