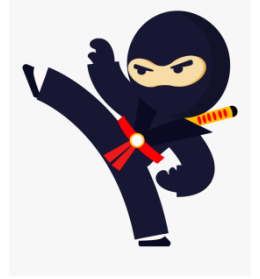




Hunt's Gymnastics Academy

Ninja Fitness Challenge



SPELL YOUR NAME!

A - 30 Jumping Jacks	F - 30 second plank	K - 30 sec bridge hold	P - 10 Pike Jumps	U - 10 handstands
B - 10 Sit-ups	G - 10 front kicks	L - 10 side kicks	Q - 10 straddle jumps	V - 10 donkey kicks
C - 10 Push-ups	H - 10 jump kicks	M - 10 back kicks	R - 20 jump squats	W - 15 Burpees
D - 10 jump 360s	I - 10 ninja rolls	N - 10 tuck jumps	S - 1 min wall sit	X - 30 side to side jumps
E - 10 roll and jumps	J - Crab walk	O - 20 Shoulder taps	T - 30 sec t-hold	Y - 10 dips
				Z - 20 pocket grabs

***Spell your FIRST and LAST name! Do the exercise assigned to each letter!
Turn this in to your coach to get a prize!***