



NINJETICS

COURSE 1

1. PLATFORM JUMP THROUGH PIT
2. ROCK WALL CLIMB UP TO "T or C" ON WALL, DOWN TO LOWEST ROCK, FINISH PLATFORM JUMP
3. ROPE SWING TO BLOCK
4. TOWER TRAVERSE: RINGS
5. WARPED WALL RUN: 1 FOOT OR 2 FOOT POP OFF - FROG LANDING

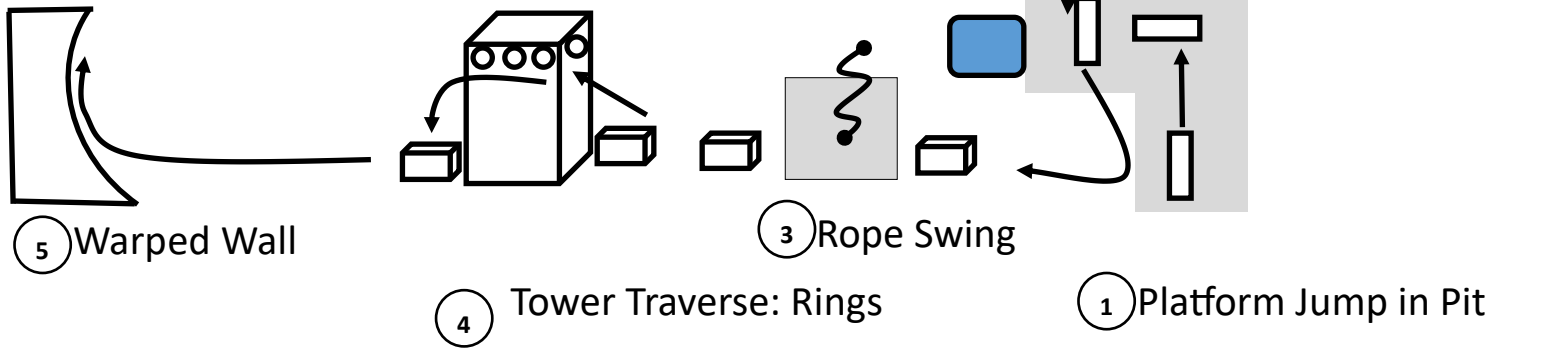
COURSE 2

1. MONKEY WALK WITHOUT TOUCHING NOODLES
2. JUMP TO 3 SWINGS, SWING FORWARD TO LANDING
3. 3 TRAMPOLINE JUMPS ACROSS GAP TO RESI
4. FROG LANDING - MOVE TO BEAMS
5. OVER, UNDER, OVER BEAMS - VAULT & CRAWL

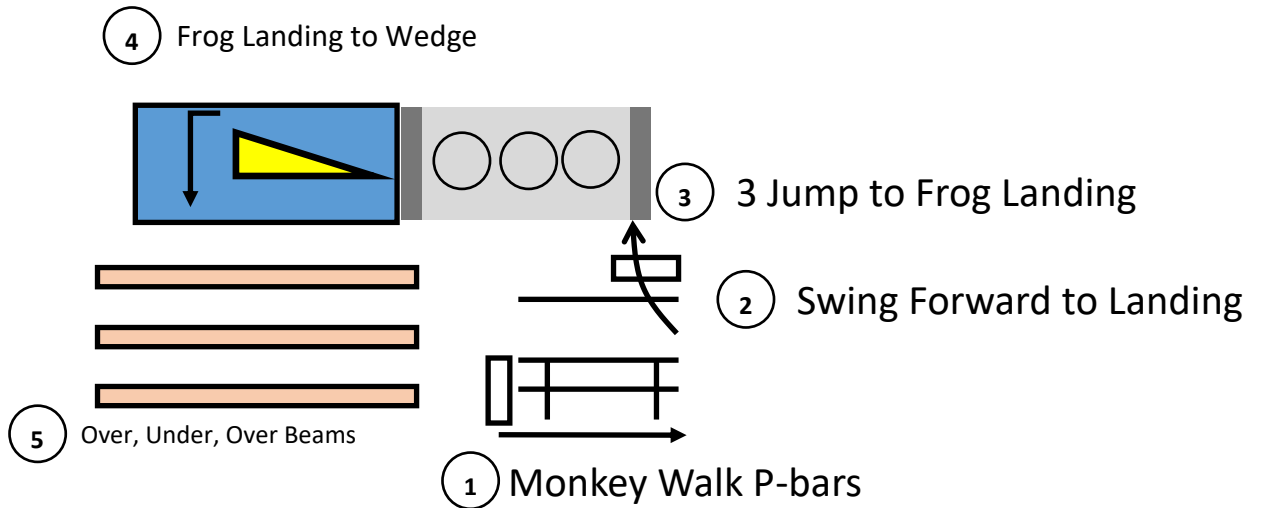
COURSE 3

1. STRAIGHT RAIL WALK
2. TIC-TACS ON QUAD STEPS
3. STRAIGHT LINE PRECISION JUMPS
4. 2 VAULTS IN A ROW
5. TIC-TAC CURVE WALL RUN
6. SIDE TO SIDE PRECISION JUMPS
7. PRECISION JUMP
8. RUNNING GAP, SHOULDER ROLL DOWN WEDGE

Course 1



Course 2



Course 3

