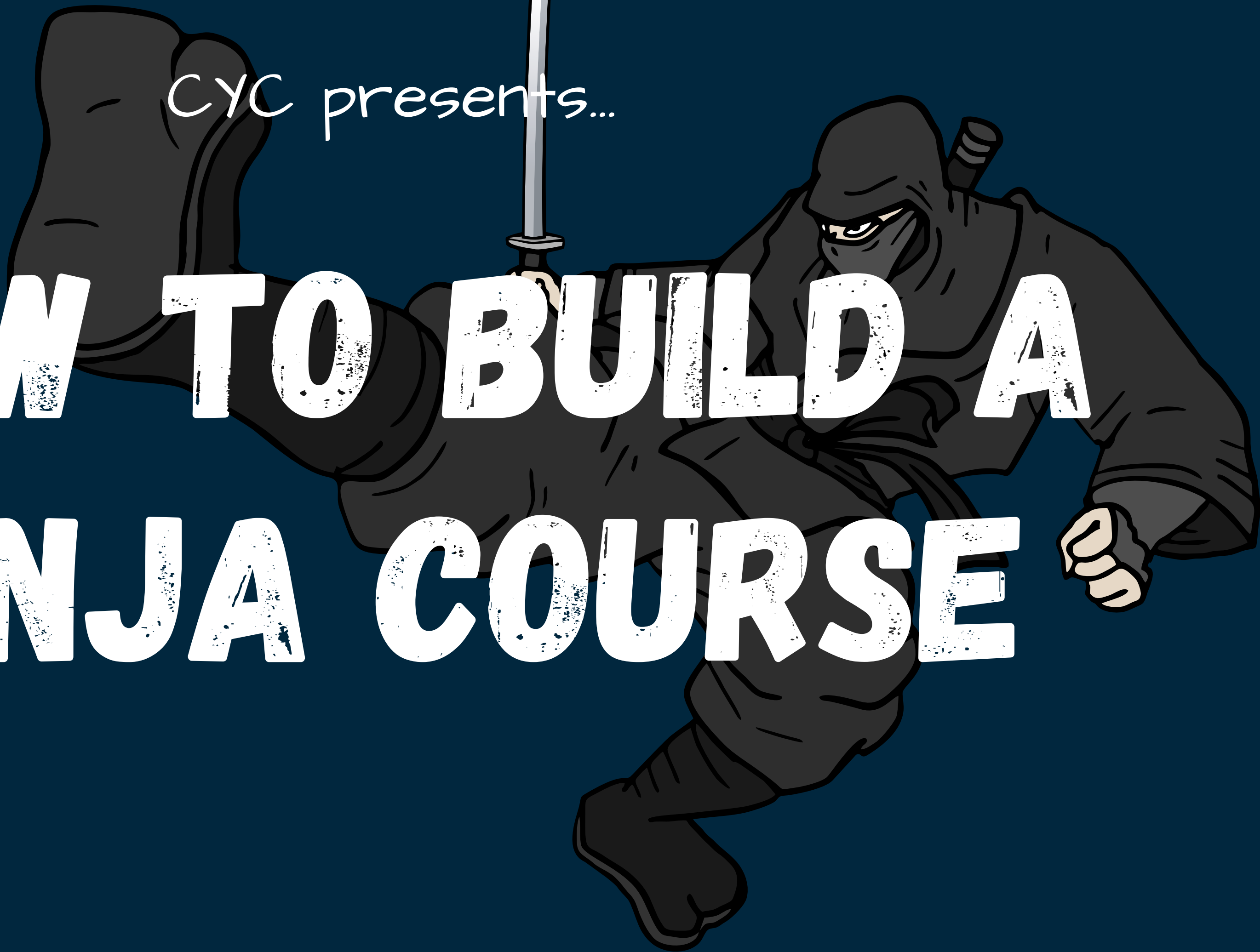


CYC presents...

HOW TO BUILD A NINJA COURSE



WARM-UP



50 x High Knees

10 x Candlestick Rolls

10 x Push-ups

20 x Alternating Swimmer Strokes

15 sec Hamstring Stretch

25 x Crunches

If you finish the circuit, start from the top again until the music finishes.



THE RULES

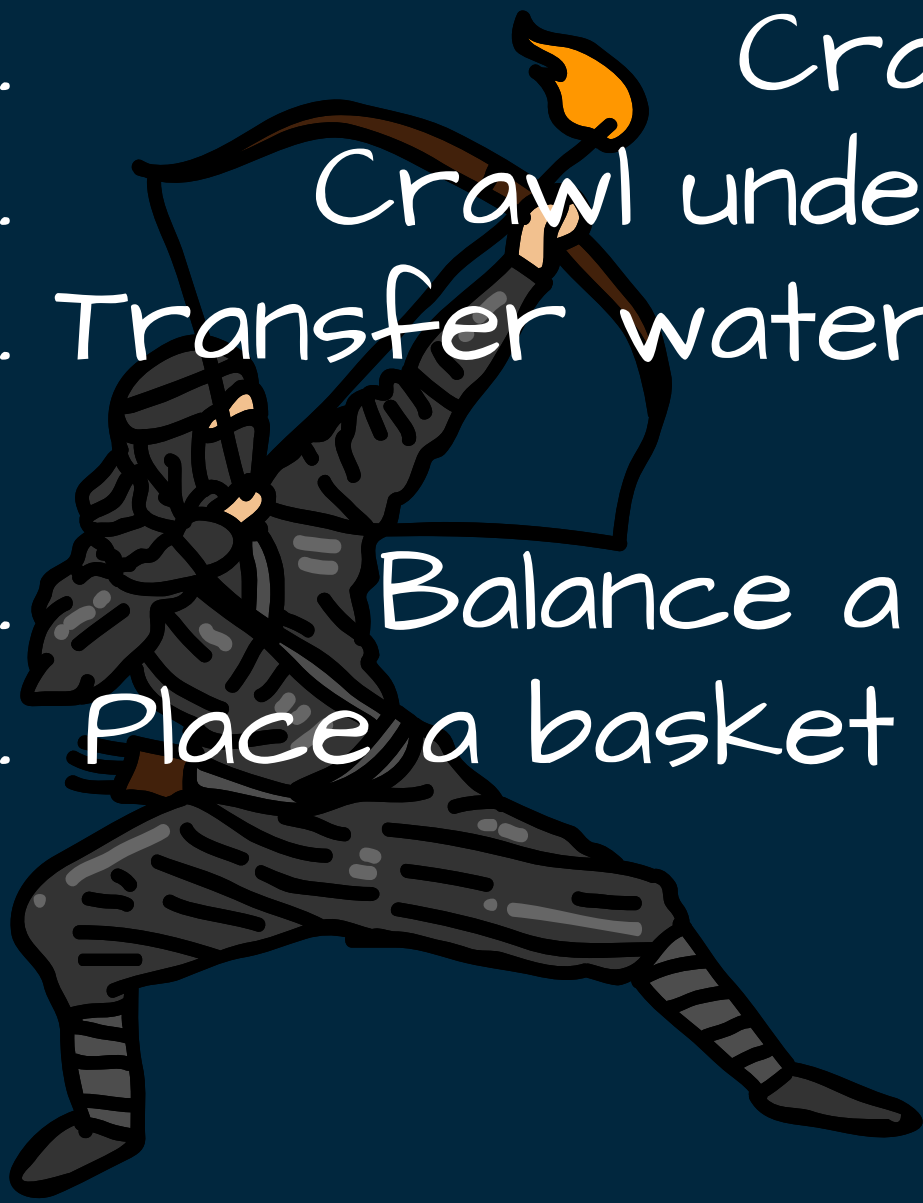
1. Each obstacle might take some time to prepare, so try to get it done as quickly and as safely as you can.
2. Pick and chose what obstacles you would like to incorporate in the course (we recommend at least six).
3. Mark the start and end of one obstacle.
4. Once you've completed the course, time yourself to see how fast you can do it.
5. Most importantly, **HAVE FUN!**



BUILDING YOUR COURSE



1. Crawl under or over a row of chairs.
2. Crawl under string stretched between two chair legs.
3. Transfer water from one bucket to another by using sponges to absorb and squeeze.
4. Balance a book on your head and walk five meters.
5. Place a basket five meters away and successfully throw five toys in there.



KEEP GOING NINJAS



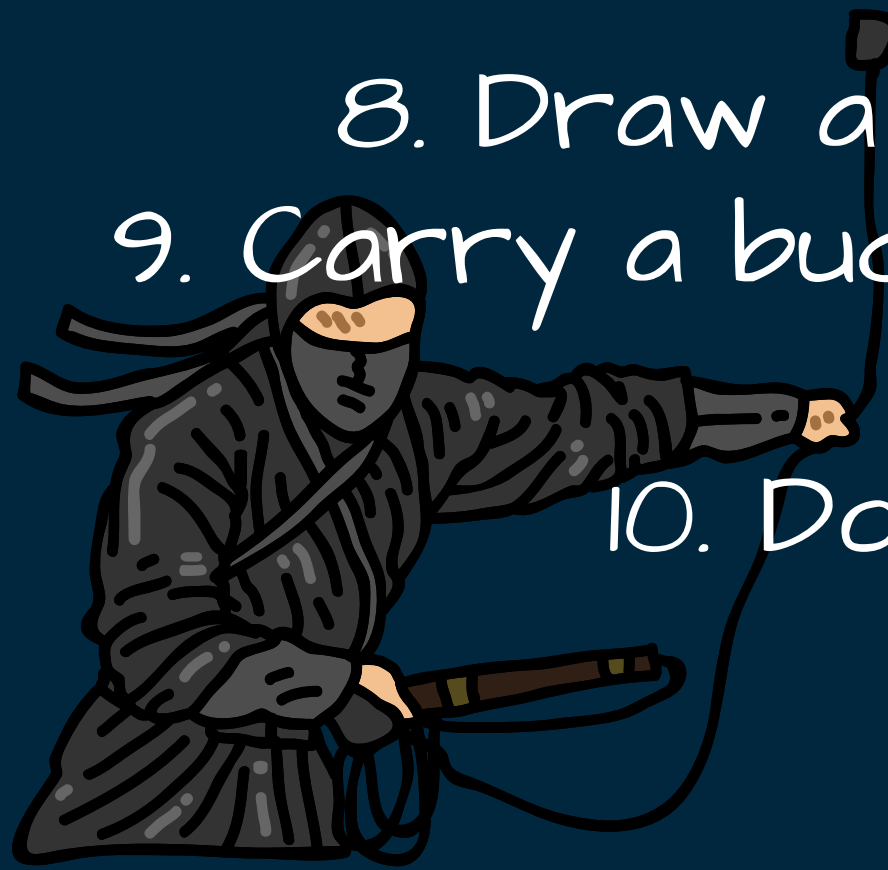
6. Handstand walk for three meters.


7. Use threads to create a spider web and then try to go through it without touching the string.

8. Draw a hopscotch and complete it with one eye shut.

9. Carry a bucket five meters and fill it up with water or plush toys and bring it back.

10. Do a cartwheel over three stacked books.





**THERE CAN ONLY BE
ONE CYC NINJA
WARRIOR!**