
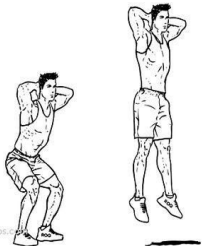


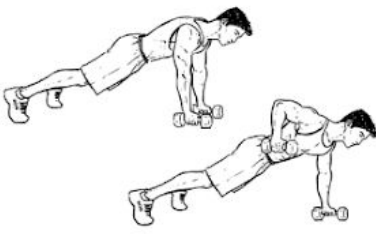
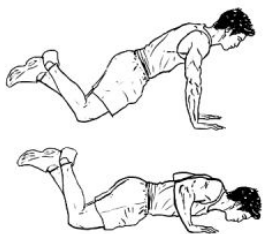
Ninja Workout Challenge

Complete each group of exercises for the reps given. Make sure to finish all number of sets given. **WORK HARD, SHOW GOOD FORM, DO YOUR BEST AND HAVE FUN!**

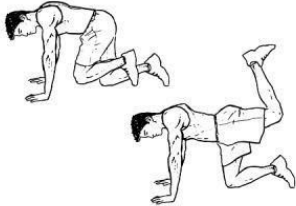
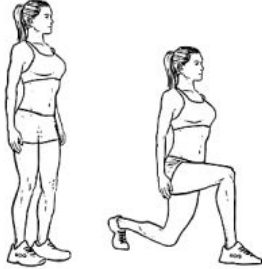
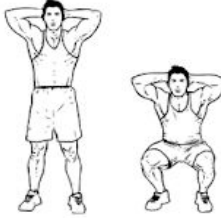
Warm up 2 minutes: Do the first exercise for 30 seconds and immediately follow with the second exercise. Repeat with the first, followed by the second. Do NOT rest between exercises.

Warm Up	Exercise Name	Reps	Sets	Track by	Rest
1a 	Inchworm Walk Outs	30 seconds	2	Seconds	0
1b 	Squat Jumps	30 seconds	2	Seconds	0

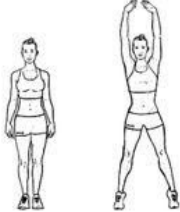
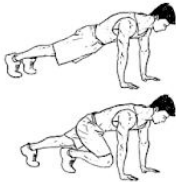

Exercises 2-6: Complete each exercise the given number of reps and repeat for the number or sets. Resting between each set. Then move on to the next exercise.

Round 1: Upper body Strength	Exercise Name	Reps	Sets	Track by	Rest
2. 	Plank Row Without weight (hold each hand up for 3 seconds)	12-14	4	Reps	45 sec.
3. 	Modified/Knee Push-Ups	12-14	4	Reps	45 sec.

Ninja Workout Challenge

Round 2: Lower body Strength	Exercise Name	Reps	Sets	Track by	Rest
4. 	Donkey Kicks	10-12	4	Reps	45-60 sec.
5. 	Alternating Forward Lunges	10-12	4	Reps	45-60 sec.
6. 	Air Squats	10-12	4	Reps	45-60 sec.

HIIT Finisher: Complete the first exercise followed by the second and third only rest 15 seconds between each exercise. Repeat this for the number of sets given.

Round 3: HIIT Finisher30	Exercise Name	Reps	Sets	Track by	Rest
7a. 	Jumping Jacks	30 sec.	3	Time	15 sec.
7b. 	Mountain Climbers	30 sec.	3	Time	15 sec.
7c. 	Plank	30 sec.	3	Time	15 sec.