



NINJA COMPETITION SET

EXAMPLE #1. 1 PERSON- TIMED RACE

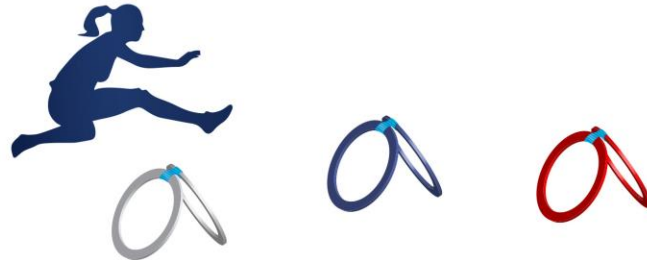
#1 RUN THROUGH THE AGILITY RINGS



#2 HOP TO THE CONE WITH THE JUMP SACK



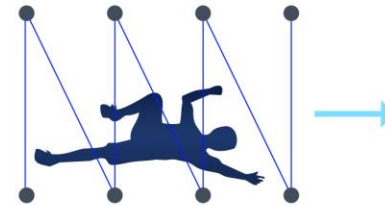
#3 JUMP OVER RAISED AGILITY RINGS



#4 JUMP ROPE 50x



#5 CRAWL THROUGH THE BEAR CRAWL



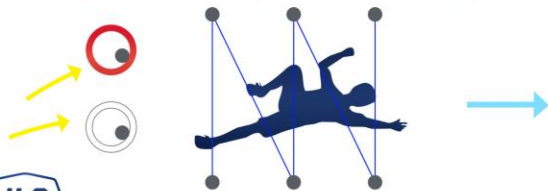
CREATE YOUR OWN OBSTACLE COURSE!



NINJA COMPETITION SET

EXAMPLE #2. 1 PERSON- TIMED RACE (EXTENDED VERSION)

#1 TOSS THE RINGS ONTO THE POSTS AND CRAWL THROUGH THE BEAR CRAWL



#2 HOP TO THE NEXT STATION CONE WITH THE JUMP SACK



#3 JUMP ROPE 50x



#4 TOSS A PEBBLE INTO THE AGILITY RINGS AND JUMP THROUGH THEM LIKE A GAME OF HOPSCOTCH



#5 HOP TO THE NEXT STATION CONE WITH THE JUMP SACK



#6 JUMP ROPE 50x

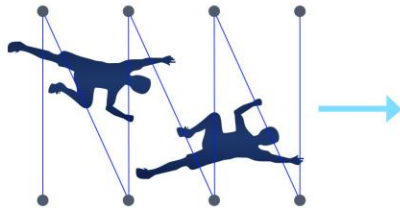




NINJA COMPETITION SET

EXAMPLE #3. 2 PERSON- TIMED RACE (EXTENDED VERSION)

#1 CRAWL THROUGH THE BEAR CRAWL



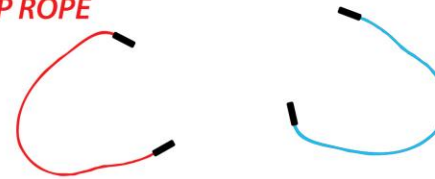
#2 HOP TO THE OBSTACLE WITH THE JUMP SACK



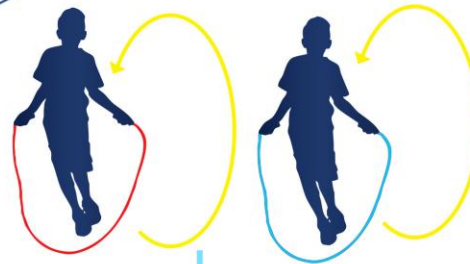
#3 EACH CHILD RACES TO JUMP THROUGH SPACED OUT AGILITY RINGS



#4 RACE TO PICK UP YOUR JUMP ROPE



#5 JUMP ROPE TO THE FINISH LINE



CREATE YOUR OWN OBSTACLE COURSE!



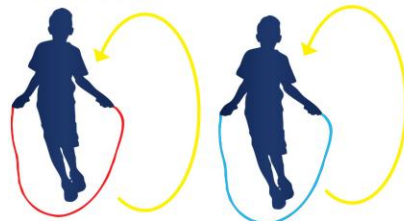
NINJA COMPETITION SET

EXAMPLE #4. HEAD TO HEAD RACE (2 PEOPLE)

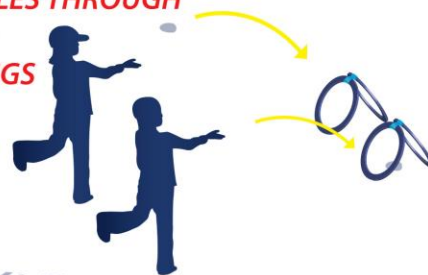
#1 HOP TO THE NEXT STATION WITH YOUR JUMP SACK



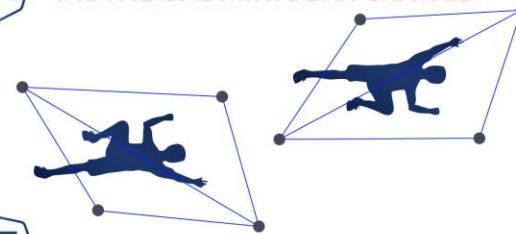
#2 JUMP ROPE 50x



#3 TOSS PEBBLES THROUGH THE RAISED AGILITY RINGS



#4 INDIVIDUAL MINI BEAR CRAWLS



#5 GIANT HOP CHALLENGE



CREATE YOUR OWN OBSTACLE COURSE!



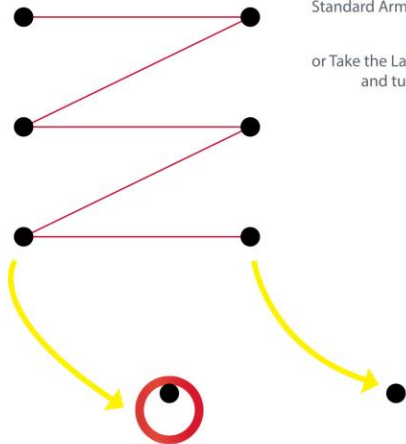
NINJA COMPETITION SET

BEAR CRAWL - 8 POSTS - 50 METERS OF TWINE

OPTION 1

Standard Army Crawl

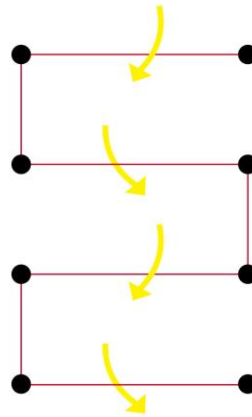
or Take the Last 2 posts
and turn them into a Ring Toss



OPTION 2

Under / Over

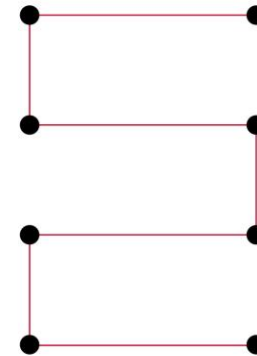
Crawl Under then Jump Over the Twine



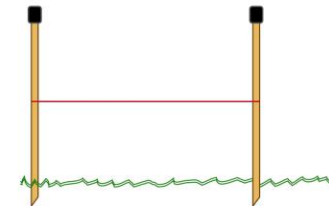
OPTION 3

Under / Over

High Knee Drill



Line is placed lower here, like a hurdle





ANW. 122 AGILITY RINGS

8 RINGS

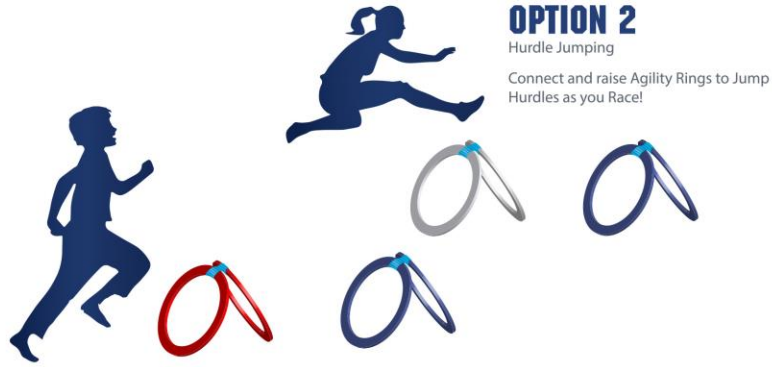
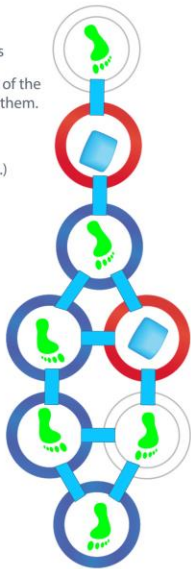
CREATE YOUR OWN OBSTACLE COURSE!

OPTION 1

Classic Hop Scotch Type
- with the two bean bags

Toss Bean Bags into Two of the Rings. Then hop around them.

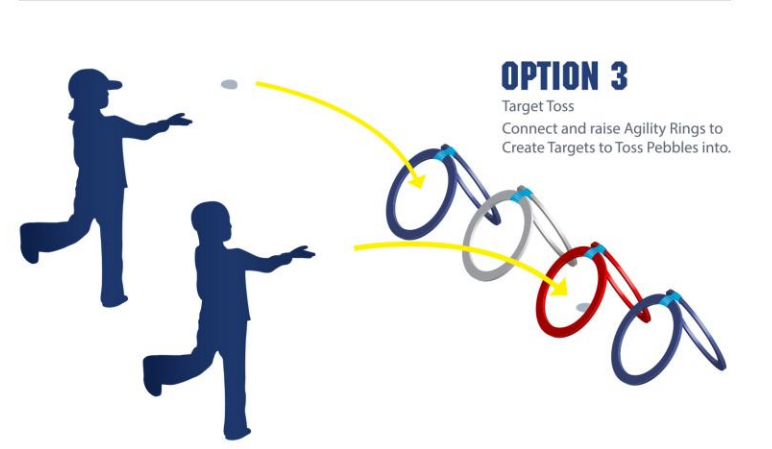
(Bean Bags not included.)



OPTION 2

Hurdle Jumping

Connect and raise Agility Rings to Jump Hurdles as you Race!



OPTION 3

Target Toss

Connect and raise Agility Rings to Create Targets to Toss Pebbles into.

OPTION 4

Space your Agility Rings out and jump from ring to ring.

