

Ninja Movements	Level 1	Coach Initials	Level 2	Coach Initials	Level 3	Coach Initials
Push	10 Push-Ups		30 Push-Ups and 10 Dips		30 Ring Dips, Strict	
Squat	50 Squats		10 Pistol Squats (each leg)		25 Pistol Squats (each leg)	
Sprint	400 Meters in 2:00		In 1:30		In :60	
Handstand	:60 with wall		:10 Freestanding		:60 Freestanding	
L-sit	:05 Heels above hands		:30		:15 V-Sit	
Bullet Proof Abs	50 Sit-Ups		30 V-Ups		:15 Front Lever	
Run	1 Mile in 8:00		In 6:00		In 5:00	
Pull	2 Pull-Ups, Strict		20 Strict		40 Strict	
Jump	24 Inch Box Jump		36 Inches		46 Inches	
Climb	1 Rope Climb		2 Trips, Legless		2 w/ L-Sit Hold, From Floor	
HS Push-up	2 w/ 1 Ab-mat, Strict		10 Head to Floor, Strict		10 Chin Below Hands, Strict	