

"Warped wall run"



Stage One: 6 Foot Wall Run Up Warped Wall

Stage Two: 9 Foot Wall Run Up Warped Wall

Stage Three: 12 Foot Wall Run Up Warped Wall

"Balance Combine"



Stage One: Walk Two Floor Bars End to End

Stage Two: Mount a Hip High Bar with No Hands and Balance for 15 sec

Stage Three: Front Support to Stand on a Bar and Balance for 15 sec

"Ninja Roll"



Stage One: Perfect Shoulder Roll on Floor, Jump off Blue Striding Square

Stage Two: Perfect Shoulder Roll on Floor, Jump from Gray Block

Stage Three: Perfect Shoulder Roll on Floor, Jump from 2 Gray Blocks

"Free Fall"



Stage One: Flat Fall into Foam Pit from One Gray Block

Stage Two: Flat Fall into Foam Pit from Two Gray Blocks

Stage Three: Flat Fall into Foam Pit from Three Gray Blocks

"King Kong"



Stage One: Run in, Arm Circle, Big Kick, Kong Up

Stage Two: Run in, Arm Circle, Big Kick, Kong Vault, Run Out

Stage Three: Run in, Arm Circle, Big Kick, Double Kong Vault, Run Out

"Flying Bull's Eye"



Stage One: Precision Jump Across 4 Road Beams, Equal Distance to Team Beams. Hold Each Stick for 3 seconds.

Stage Two: Precision Jump Across 2 Floor Bars, then 2 Floor Beams (First Bar on Floor, Second Between Blue Squares, Then the Floor Beams between two Gray Blocks on the shortest side. Stick 3 sec)

Stage Three: Precision Jump Across All 5 Team Beams, Hold Each Stick 5 seconds.

"Flips"



Stage One: Land 1 of the following [Front Flip, Side Flip, Back Flip]

Stage Two: Land 2 of the following [Front Flip, Side Flip, Back Flip]

Stage Three: Land All 3 of the following [Front Flip, Side Flip, Back Flip]

"Strength Combine"



Stage One: 1 of the Following [5 Pike Ups, 10 Pull Ups, 20 Push ups]

Stage Two: 2 of the Following [5 Pike Ups, 10 Pull Ups, 20 Push ups]

Stage Three: All 3 of the Following [5 Pike Ups, 10 Pull Ups, 20 Push ups]