



**NINJA
REVOLUTION
PREMIERE OBSTACLE
TRAINING**

**SUMMER
NINJA CAMPS**

**WEEK 1
(FULL GYM WEEK)**

JUNE 24TH - JUNE 28TH

WEEK 2

JULY 8TH - JULY 12TH

WEEK 3

JULY 22ND - JULY 26TH

WEEK 4

AUGUST 5TH - 9TH

WEEK 5

AUGUST 19TH - 23RD

MONDAY - FRIDAY

9:30 AM - 12:30 PM

3 HOURS OF NINJA \$105 PER SESSION

SCHEDULED DAILY OBSTACLES

SKILL TRAINING & DAILY CHALLENGES

FUN GAMES, RELAYS & COURSE RUNS

MONDAY

**NINJA BASICS:
STEPS, BARS,
RINGS, ROPES,
WARRPED WALLS**

**NINJA SKILLS:
SWINGS/ DISMOUNTS
AND APPROACH
WALL TECHNIQUE**

**FEATURED OBSTACLE:
MONKEY BARS &
RING SWING**

TUESDAY

**NINJA BASICS:
LACHES, TRAPEZE
SPIDER PROP, BALANCE
GRIP**

**NINJA SKILLS:
BAR CATCH, LACHE
TECHNIQUE AND LAUNCH,
TRAPEZE SWING TECHNIQUE
GRIP MOVEMET, SPIDER JUMP
APPROACH AND CATCH.**

**FEATURED OBSTACLE:
BOW TIES, JUMPING SPIDER,
FLY WHEELS**

WEDNESDAY

**NINJA BASICS:
BODY CONTROL,
HIGH BALANCE,
TRAMPOLINES & SLIDERS**

**NINJA SKILLS:
TRAMPOLINE TECHNIQUE,
OBSTACLE CATCHES,
BAR AND OBSTACLE SLIDERS,
HOUR GLASS DROPS**

**FEATURED OBSTACLE:
BAR HOPER/SLIDER &
BROKEN BRIDGE BALANCE**

THURSDAY

**NINJA BASICS:
ADVANCED MOVEMENT,
LATERAL SWINGS,
LOOSE BAR MOVEMENT**

**NINJA SKILLS:
LATERAL TOSS,
BAR HOPPERS AND LADDER,
LINKED OBSTACLE SETS**

**FEATURED OBSTACLE:
WING NUTS &
OCR LADDER**

FRIDAY

**NINJA BASICS:
EXPERT OBSTACLES,
GRIP MOVMENTS,
SPEED COURSES & RELAYS**

**NINJA SKILLS:
LINKED OBSTACLES,
SALMON LADDER TECHNIQUE,
TEAM RELAYS & COURSES**

**FEATURED OBSTACLE:
SALMON LADDER,
CLIFF HANGER,
FLYING BAR**

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