

The Ninja Challenge.

Start



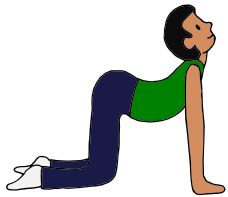
Jump high 11 times



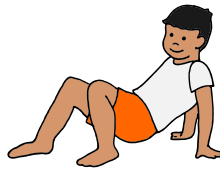
Plank for as long as you can



Bearwalk a lap of the house



Cow Pose for 10seconds



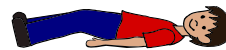
Crabwalk as far as you can



Tree Pose for 6 seconds



Hop 5 times each leg



count as high as you can lying still as a statue



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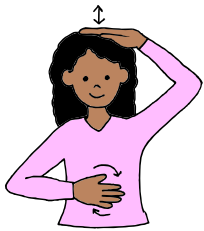
do 9 frog jumps



do 7 star jumps



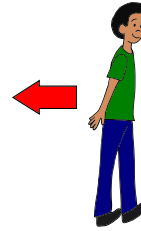
One Foot



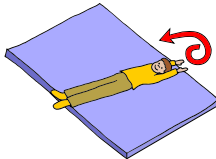
Pat Head & Rub Tummy



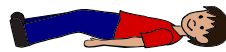
Roll in a ball



Heel Walk Backward



Log Roll



Lie as still as you can and sing the alphabet

