



Warrior Training

Training Goals

Panda Goals

- Lunges
- Plank
- Army Crawl
- Monkey Bars
- The Wall (Finger Grip)
- Peg Switches
- Sasuke Pegs (Swinging)
- Hanging Lateral Shimmy
- Lateral Crawl
- Quintuple Steps
- Rope Climb
- Rope Transfer
- Rope Swing
- Pull Ups
- Lily Pads

Dragon/Eagle/Tiger Goals

- Single Leg Dead Lift Reach
- Push Ups
- Toe Touch Squats
- Backwards Monkey Bars
- The Wall (Finger Grip)
- Horizontal Peg Board
- Coming Down Vertical Peg Board
- Sasuke Pegs
- Rings
- Rope Transfers
- Rope Climb
- Catching on Sasuke Pegs
- Shoulder Initiated Swing with Pull Up
- Bunjee Grip
- Shoulder Roll/Flip

Elite Goals

- Deadlift
- Squat
- Turkish Get Ups
- Vertical Peg Board
- Jump and Catch on High Bar
- Double Rope Climb (Invisible Ladder)
- Rings with Bent Arms
- Pegs with Bent Arms
- Sasuke Pegs with Bent Arms
- Muscle Ups on Rings
- Muscle Ups on Bar
- King Kong Jump
- Bowling Ball Grip
- Catches with Various Grips

*New obstacle will be explored throughout the year depending on where the class is at skill wise.