

NINJA NOVEMBER

Four Steps to Success

STEP 1: Write your name on back.

STEP 2: Complete 5 workouts per week & bring initialed card to class.

Nov 1-5

Initial
here



Nov 6-12

Initial
here



Nov 13-18

Initial
here



Nov 20-26

Initial
here



single leg stand, 1 minute each leg



pushups, 2x your age (40 max) (2 sets)



hangs, 30 seconds + 15 sec break (2 sets)



cardio burst, 30 seconds + 15 sec break (2 sets)

STEP 3: Post photo of activity on social media with 2 hashtags

#ninjanovember #warriorchallengeareana

STEP 4: Bring guest for a trial class special (\$19.99) in November.

ALL participants will be entered in prize drawings one time for each step they complete above.



Prize info & more!

