nground Oue

Perform all 9 challenges, then repeat them again a different way!





CLIMB UP THE SLIDE



CLIMB UP OR SLIDE DOWN A VERTICAL POLE

#3



HANG FROM ONE ARM AT A TIME, TRYING EACH ARM



JUMP DOWN OFF SOMETHING NO TALLER THAN YOUR LEGS



HANG BY BOTH armg, either move LEGS OR DO PULL-UPS/CHIN-UPS



TRAVEL ACROSS THE PARALLEL BARG





CLIMB UP THE LADDER



TRAVEL ACROSS THE MONKEY BARG



CREATE A MOVEMENT THAT 3 OTHERS HAVE TO TRY!