

NINJA

30-Day Challenge

@ darebee.com

Complete the given exercise
for each day according to your
chosen level, non-stop.

normal 30 seconds
hard 1 minute
brutal 2 minutes

| | | | | |
|--|--|---|---|---|
| 1  speed | 2  flexibility | 3  strength | 4  stealth | 5  grit |
| 6  balance | 7  endurance | 8  core control | 9  combat | 10  focus |
| 11  coordination | 12  grip strength | 13  explosives | 14  concealment | 15  strategy |
| 16  awareness | 17  willpower | 18  agility | 19  mindfulness | 20  discipline |
| 21  concentration | 22  fortitude | 23  discipline | 24  power | 25  resilience |
| 26  plasticity | 27  spirit | 28  precision | 29  courage | 30  commitment |