

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	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