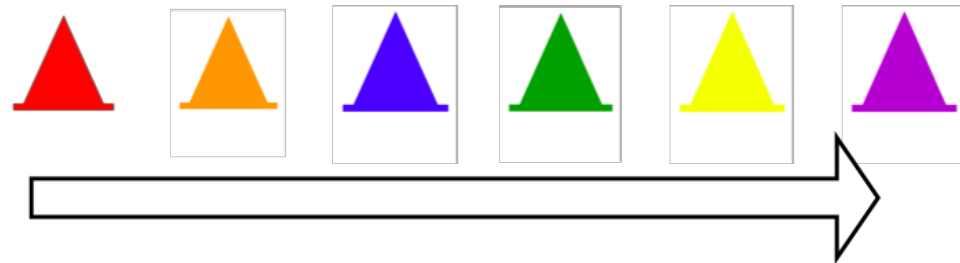


# NINJA WARRIOR CONES: JUMPING BUILDINGS

(Hometown Challenge)

## Split Jumps

- Start with your feet **together**.
- Split **jump** over the cones in order.
- **Land** with feet together, then split **jump** over the **next** cone.



**Equipment Needed:** 6 cones (no higher than 6" height) per active ninja.

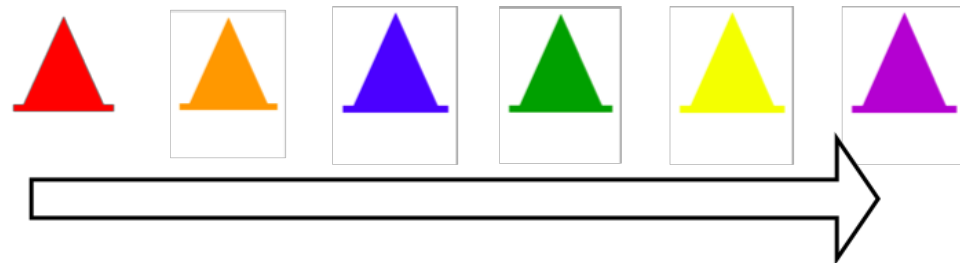
**Set Up:** Create a line of cones 4–6 feet apart.

# NINJA WARRIOR CONES: JUMPING BUILDINGS

(Regional Challenge)

## Tuck Jumps

- Keep your feet **together**.
- Tuck **jump** over the cones in order.
- As soon as you **land**, tuck **jump** over the **next** cone.



**Equipment Needed:** 6 cones (no higher than 6" height) per active ninja.  
**Set Up:** Create a line of cones 4–6 feet apart.

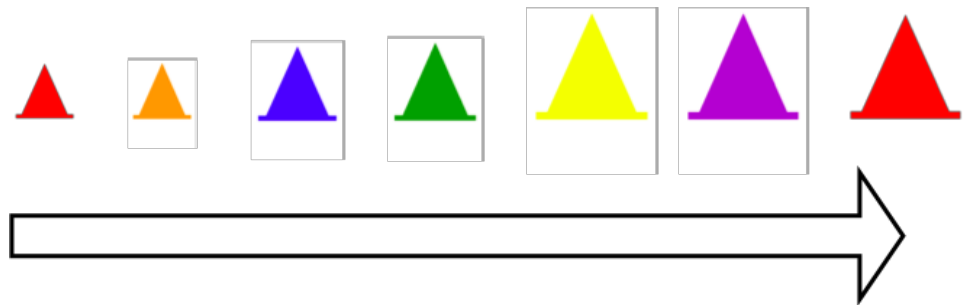


# NINJA WARRIOR CONES: JUMPING BUILDINGS

(National Challenge)

## Super-Ninja Tucks

- Keep your feet **together**.
- Tuck **jump** over the cones in order.
- As soon as you **land**, tuck **jump** over the **next** cone.
- Cones will get **taller** as you **progress** to the end.



**Equipment Needed:** 7 cones (from 2" low-profile to 9") per active ninja.

**Set Up:** Create a line of cones 4–6 feet apart.