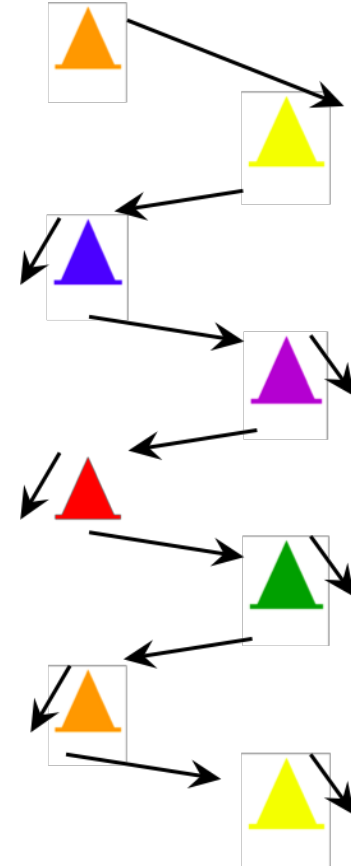


# NINJA WARRIOR CONES: QUICK CUT CONES

(Hometown Challenge)

## Outside Cutters

- Start at the first cone.
- Run **around** the **outside** of each cone.
- **Progress** to the last cone.



**Equipment Needed:** 8 cones (6" to 12") per active ninja.

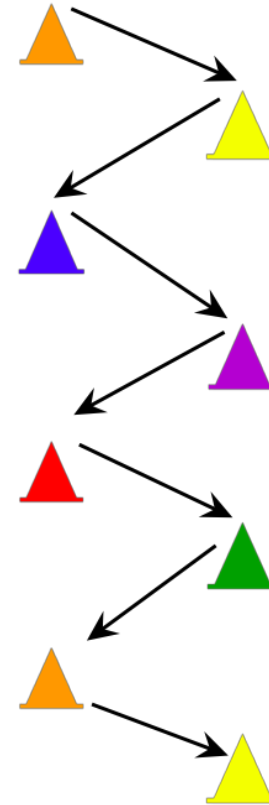
**Set Up:** Create a zigzag course of cones 6-10 feet apart.

# NINJA WARRIOR CONES: QUICK CUT CONES

(Regional Challenge)

## Side Slide Cuts

- Start at the first cone.
- **Side Slide** to the next cone keeping knees bent and body low (defensive position).
- Tap the top of the cone before side shuffling to the next cone.



**Equipment Needed:** 8 cones (6" to 12") per active ninja.

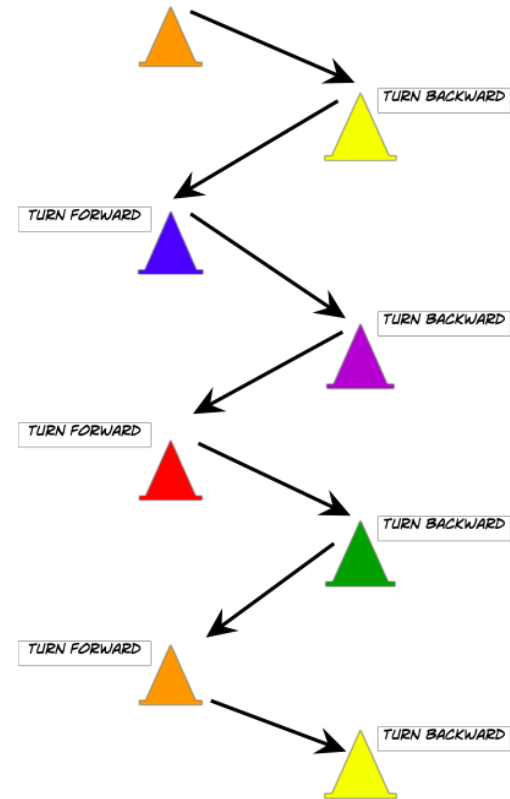
**Set Up:** Create a zigzag course of cones 6-10 feet apart.

# NINJA WARRIOR CONES: QUICK CUT CONES

(National Challenge)

## Super-Ninja Side Slides

- Start at the first cone.
- **Side slide** to the next cone staying low.
- Tap the top of the cone.
- Turn around backward and side shuffle to the next cone.
- Tap the top of the cone.
- Turn forward and repeat.



**Equipment Needed:** 8 cones (6" to 12") per active ninja.

**Set Up:** Create a zigzag course of cones 6-10 feet apart.