

## **NU CREW (Adult/Teen Team) Full Requirements**

### **Ninja Skills**

Complete the Double Salmon Ladder (across and one up).

### **Cardiovascular**

Run for 1:30 on a treadmill that is set to a 12% incline at 8mph.

### **Strength**

Perform 15 unbroken thrusters at 40% of your bodyweight (proper form).

### **Agility**

Walk 15' across a slackline that is 20-30' long. Solid-base slacklines are too easy.

### **Mobility**

Touch your second knuckle to the floor in a standard "toe touch" stretch.

Note: Requirements may be adjusted.