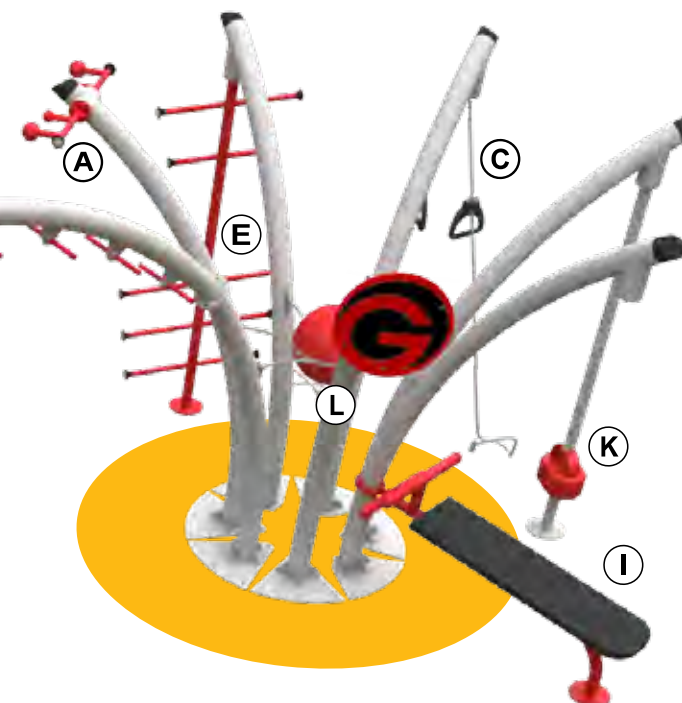
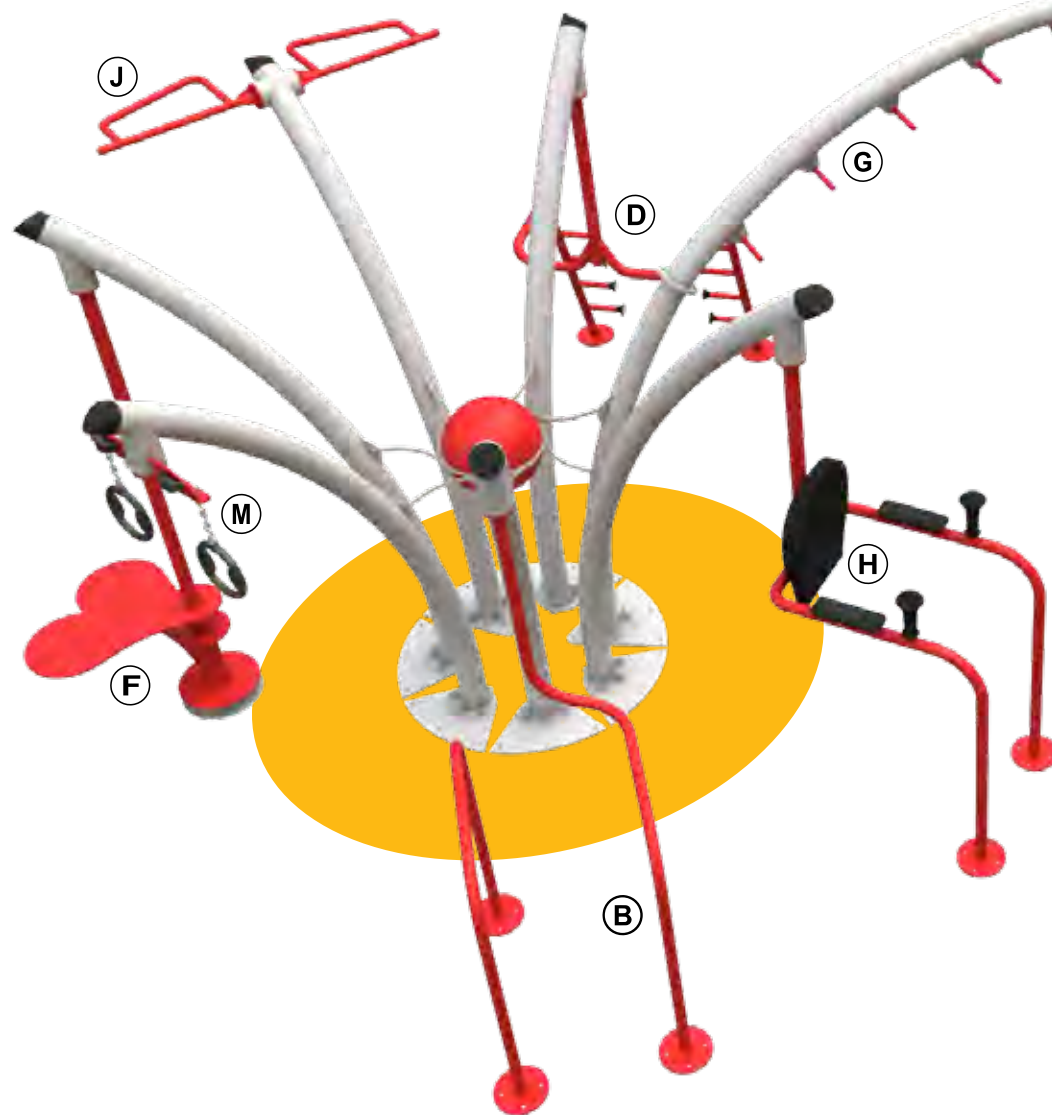


NINJA TRAINING GROUND

The Ninja Training Ground

Greenfields Outdoor Fitness introduces the NEW Ninja Training Ground, the perfect complement to the Ninja Courses. It's the go-to place for ninjas to warm up, and for the rest of the community to enjoy a great functional fitness workout! The Ninja Training Ground's 13 features include highly-versatile elements such as adjustable suspension trainers, parallel bars, and a sit-up bench.

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greenfieldsfitness.com/x-treme-ninja-course



UNIT FEATURES:

- A** Cannonball Pull-Ups
- B** Parallel Bars / Dip Station
- C** Adjustable Suspension Trainers
- D** Variable Assisted Push-Up
- E** Vertical Swedish Ladder
- F** Step-Ups / Plyometric Steps
- G** Arched Monkey Bars
- H** Captain's Chair
- I** Sit-Up Bench
- J** Active Bar
- K** Kettlebell
- L** Ball Target
- M** Ring Rows



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