



MARTIAL ARTS

## NINJA STAR CHALLENGE

*GAIN HABITS FOR A HEALTHY LIFE!  
TRAIN LIKE A BLACK BELT!  
EARN NINJA STARS!*

*\*TIPS FOR COMPLETION\**

THE CHALLENGE IS ABOUT BUILDING HABITS. DO THEM AS OFTEN AS APPROPRIATE FOR IMPROVING YOURSELF.

ADJUST THE EXERCISES BASED ON YOUR OWN FITNESS LEVEL.

BRAG ABOUT YOUR NINJA STAR TOTAL AT [ANDREWLEMAT.COM](http://ANDREWLEMAT.COM)  
(I LOVE HEARING ABOUT SUCCESS)

*With Respect,  
Master Andrew LeMat*

### BEGINNING NINJA CHALLENGES

+ 5 Stars – You just earned 5 Ninja Stars for starting these challenges and believing in yourself!

+ 5 Stars – Enter your name, date, and write "I commit to living a healthy lifestyle" in the logbook

### PHYSICAL NINJA CHALLENGES

+ 30 Stars – Do as many leg lifts as you can, while sitting on any ledge or bench. Do 3 sets.

Take 30 second breaks or meditate between sets (see meditation below)

+2 stars per leg lift

+ 30 Stars – Do as many pushups as you can, with your legs up on any ledge or bench. Do 3 sets.

Take 30 second breaks or meditate between sets (see meditation below)

+2 stars per pushup

+ 20 Stars – Jog down the steep walkway that is on the other side of this bridge, then run backwards to get back up the hill.

Don't run too fast, so that you don't fall, and so you have energy to repeat this challenge (each run down and up is +20 stars) No breaks between runs.

+ 5 Stars – Write down your total leg lifts, pushups, and runs, so you can come back another day to beat your total, and earn more stars.

### SPIRITUAL NINJA CHALLENGES

+ 15 stars – Breathing Meditation

Sit on your knees or criss-cross. Stay perfectly still and silent.

Attempt to inhale for 4 seconds, hold your breath for 5 seconds, and exhale for 6 seconds

Count the seconds in your head. Every 15 seconds of meditation is +15 more stars.

+ ? Stars – During each exercise, when you feel like you are so tired that you can't do any more, tell yourself "YES I CAN!" and do 1 more. +10 stars each time you succeed at this.

+ 15 stars – Think about who you are grateful for, and who your biggest role-models or heroes are.

+ 15 stars – Write those people down, and write down what influences they have for you.

Post it on a Social Site and/or Refrigerator.

+ 15 stars – Say 3x, 5 times per day: "I am surrounded by great people, and I am a great person"

+ 50 stars – Reflection – Write down how you feel, how you have improved, and what changes to your lifestyle make you healthier

+ 50 stars – post about your challenges and success on a Social Site and/or Refrigerator

+ 50 stars – post your current Ninja Star Total for this Ninja Cache, on [AndrewLeMat.com](http://AndrewLeMat.com)

+ ? stars – Repeat some or all of these physical and spiritual challenges later this week. Do them at home or anywhere, to earn more stars, and build lifelong habits for health and strength!