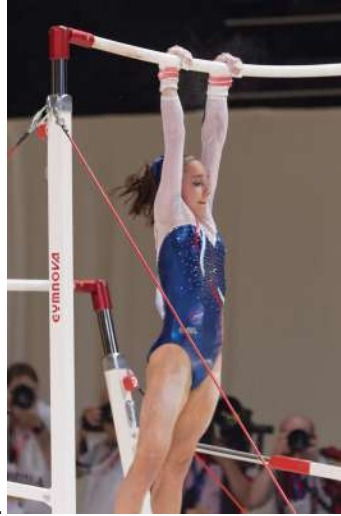


The Bars.



What can I do on the bars?

You may need the red square block of the blue oddly shaped blocks to help you get on bars,

- Monkey crawl using my hands from one end to the other
- Just hang have someone time you
- Bring your legs up to an “L” position
- Bring your knees to your chest.
- Chin Holds
- Bear crawl
- Crawl backwards
- Handstand
- Just hanging on the bar