



# Ninja Warrior Workout

**Music:**  
**"Kung Fo Fighting"**

# Ninja Warrior FITNESS

American Ninja Warriors has become Americas most famous obstacle course. Filled with physical obstacles that challenge the agility, strength, and endurance of it's competitors.

America Ninja Warriors can be schoolteachers, firefighters, stay-at-home moms/dad, and even YOU!

America Ninja Warrior is inspired by a popular fitness trend called PARKOUR.

PARKOUR is a sport using movement to get from one point to another in a complex environment, without using equipment. Parkour relies on the body to achieve movement in the areas of running, climbing, swinging, jumping and rolling movements.

It's definitely a TOTAL BODY sport!



# America Ninja Legend

## Kacy Catanzaro



**As a former college gymnast and spent most of her life staying active.**

**Once she finished college she decided to set her mind to a new goal...America Ninja Warrior.**

**At just 5'0", Kacy made history by becoming the first woman to ever scale the 14ft Warped Wall, complete a finals course, and earn a spot as Ninja Warrior champion.**



# Stage 1

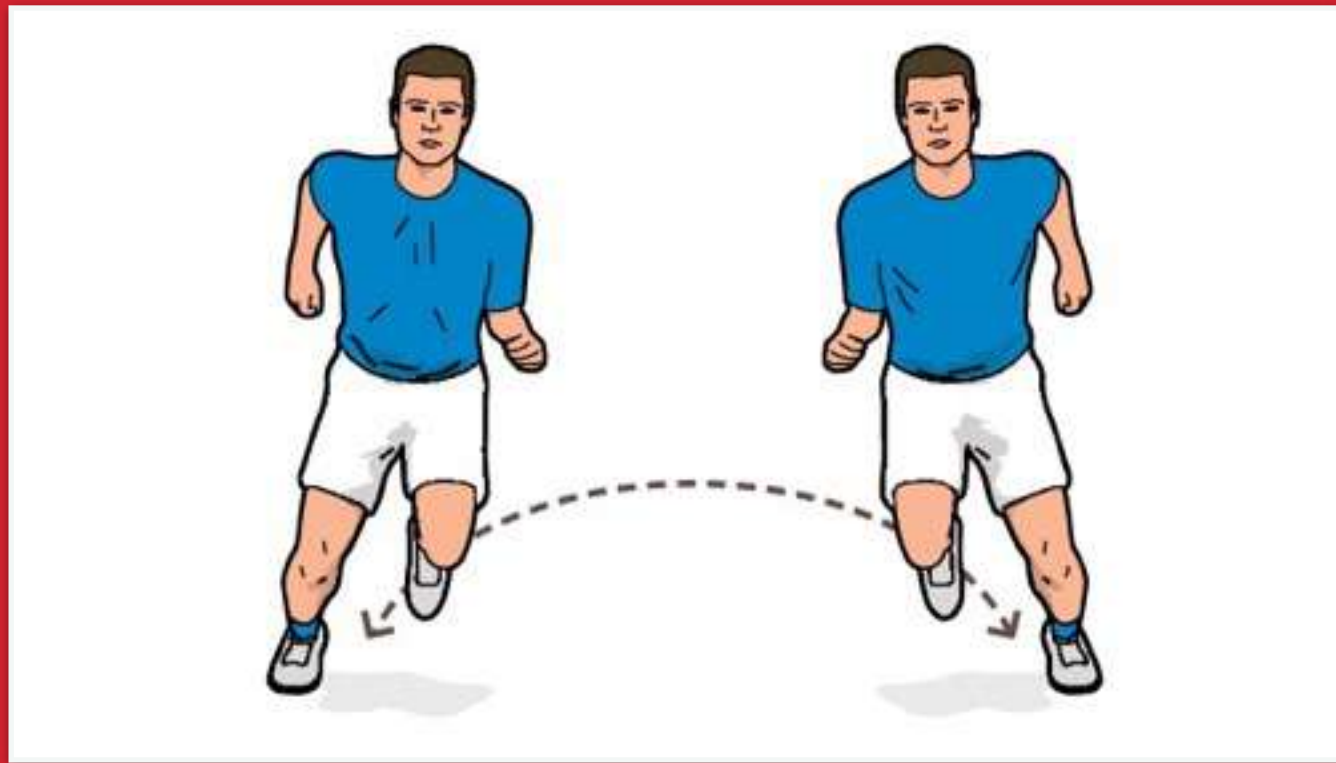
## Run Up The Warp Wall



Run in place as fast as you can!

# Stage 2

## Quint Step Lateral Jumps



Jump quickly from one side  
to the next, pushing off  
opposite foot.



# Stage 3

## Balance Bridge



**Keep plant leg straight, bend torso parallel to floor, extend arms straight.**

# **SWITCH!**



**Hold your balance on your opposite leg**

# Stage 4

## Spider Climb



**Tuck jump and extend  
arms out.**



# Stage 5

OH NO! WIPE OUT



Drop down to the ground for a burpie.

# Stage 6

## Body Prop Wall Walk



**ABC Push ups in plank position.  
Alternate tapping opposite hand  
to opposite shoulder.**



# Stage 7

## Giant Swing



**Curl up touching the opposite elbow to your opposite knee.**



# Stage 8

## Hanging Climbing Wall



In plank position, alternate tucking your knees to your chest.

# Stage 9

## Sheet Swings



**With arms extended (no weights)  
pulse your shoulders up and down  
in short pulses.**

**YOU MADE IT TO  
THE FINALS!**

**Now that you've proven your a  
warrior, let's pick up the pace!**