

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 SURPRISE GUEST!



ABOUT AMERICAN NINJA WARRIOR The action-packed series follows competitors as they tackle a series of challenging obstacle courses in both city qualifying and city finals rounds across the country. Those who successfully complete the finals course in their designated region move on to the national finals round in Las Vegas, where they face a stunning four-stage course modeled after the famed Mt. Midoriyama course in Japan. The winner will take home a grand prize of \$1 million.

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

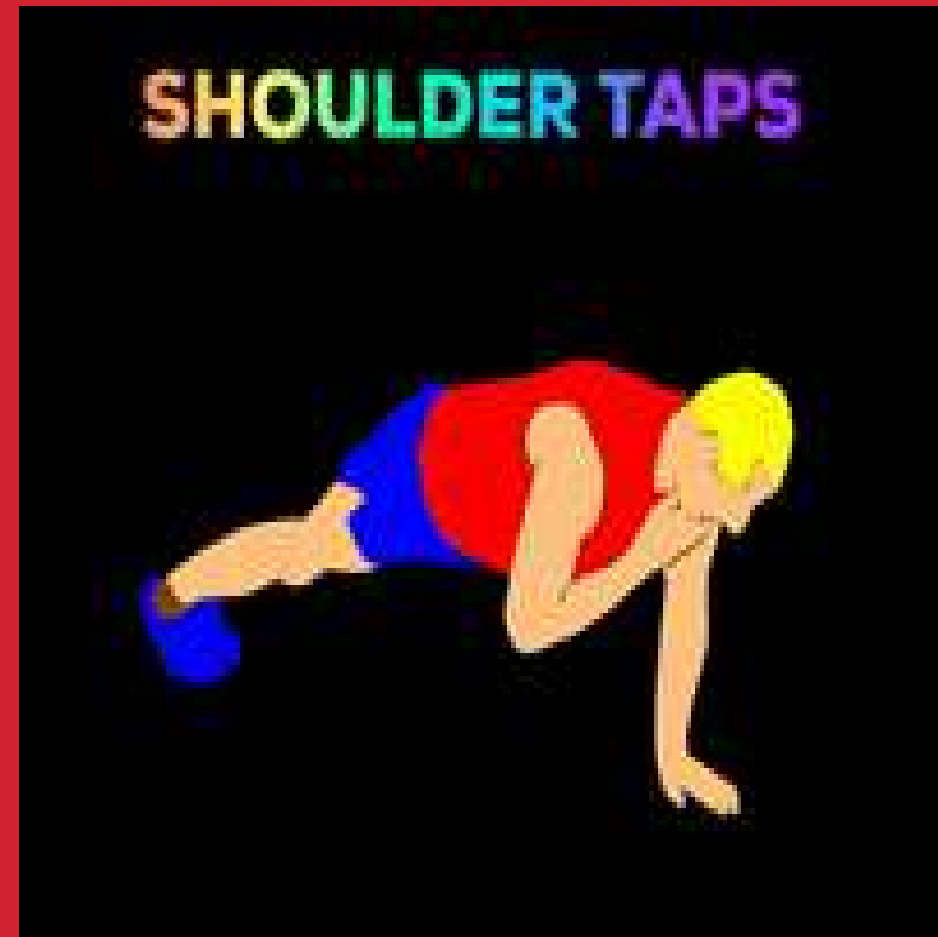
OH NO! WIPE
OUT



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 2

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

YOU MADE IT

TO THE

FINALS!

NOW THAT YOU'VE PROVEN

YOUR A WARRIOR, LET'S

PICK UP THE PACE!