



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.

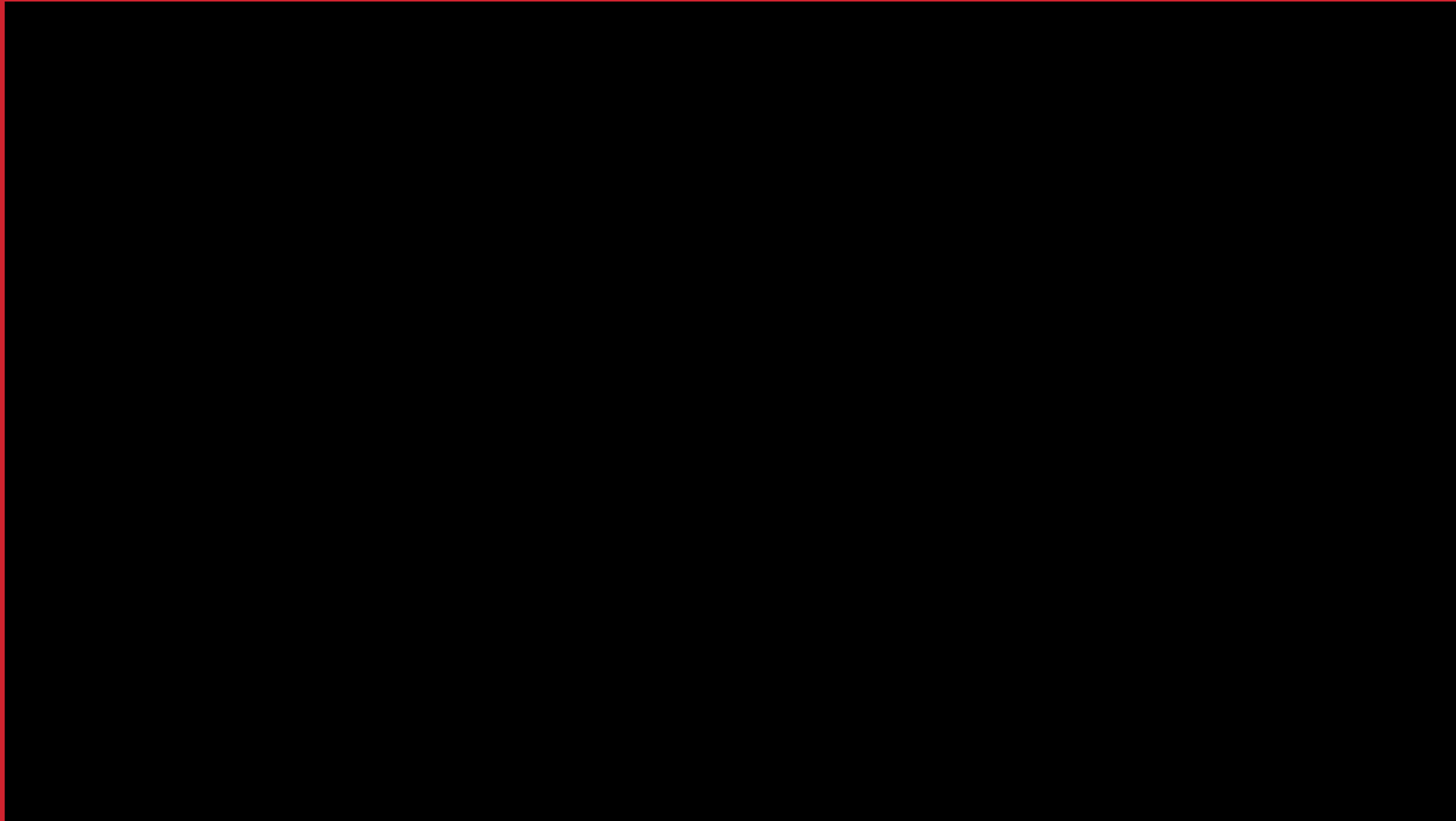
PARKOUR is a sport using movement to get from one point to another in a complex environment, without using equipment. Parkour relies on the body to achieve movement in the areas of running, climbing, swinging, jumping and rolling movements.

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

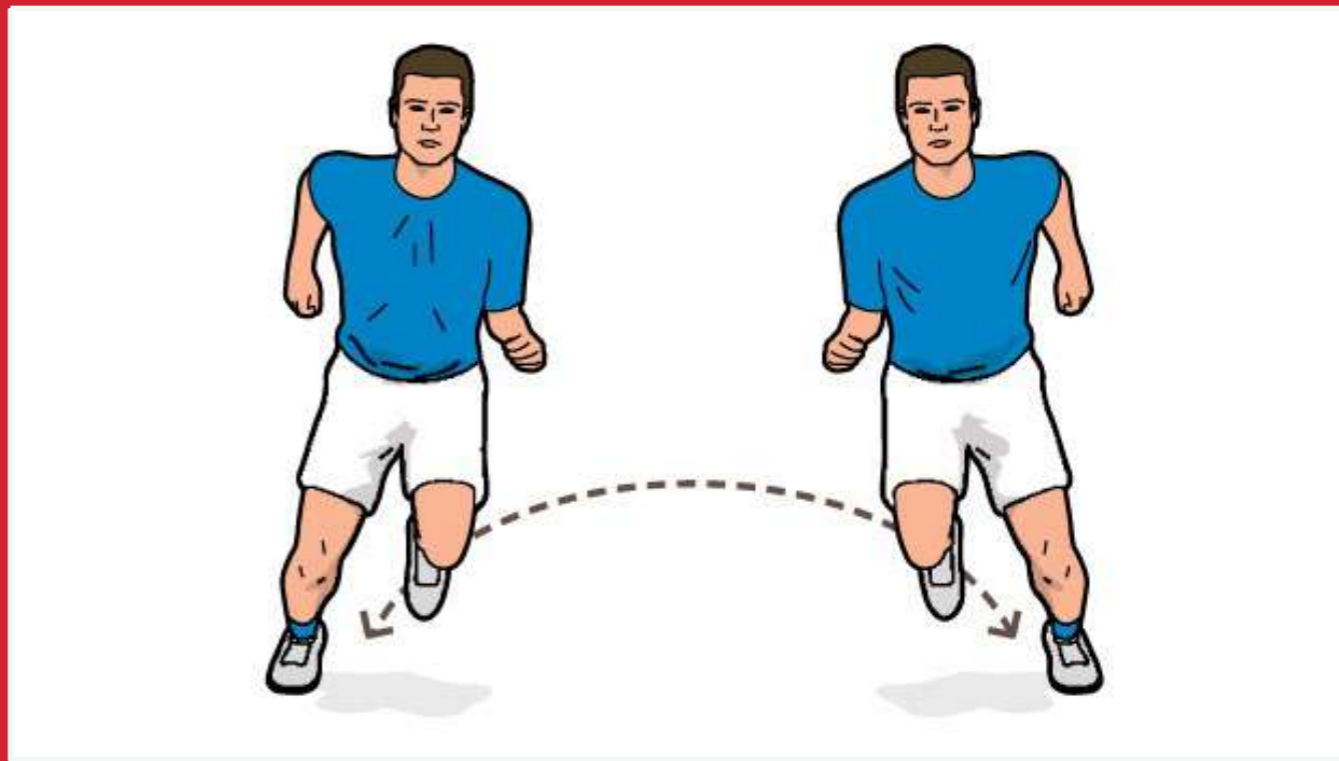
Run Up The Warp Wall



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
burpee

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!

ve proven your a warrior, let's pick