

NINJA WORKOUT



DURATION
90 minutes



REQUIREMENTS
Flat lawned area



GUEST NOS.
8 to 240 guests



**SEE THE EVENT IN
ACTION!**



Inspired by the Ninja Warrior TV craze and popularity of mass participation assault courses, Ninja Workout is a realistic recreation of this event in a competitive yet not too taxing or intimidating format!

A pair of trainers, suitable sports clothing and positive attitude are all that's needed as we navigate the group through a Ninja Workout! We organise the entire day, taking teams safely through their paces in a series of fun challenges, competing not as individuals but instead to be the overall winning team.

Whilst physical effort is required on the activities, we ensure they will not be too physically demanding and that guests can skip various activities as they wish, to ensure an enjoyable and supportive rather than boot camp atmosphere.

The event will take place in 4 zones, each with a highlight activity including varied challenges such as a Cargo Net traverse, Balance Beam, Parallel Bars, Monkey Bars and Slalom Shuttles – culminating in the Ninja-inspired assault course finale!

The event concludes with a winners' medals presentation ceremony (complete with podium!) where the team results are announced.

NB: Please note that the Ninja Workout is best suited to groups with a degree of physical fitness, as whilst this unique event is absolutely designed to generate motivation and team spirit in a format of fun and enjoyment, the activities will certainly challenge you!

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DETAILS

Teams will have to tackle each of the four zones – **Agility, Balance, Endurance and Strength** – with a series of four challenges to be completed in each.

Dependent on guest numbers, we shall have a minimum of two and maximum of four teams per zone at any one time, with scoring based on the top couple of people per team.

This ensures that the competitive types get their fix, whilst the less competitive members of the group are under no pressure to complete each activity!

Agility Zone:

Cargo Net Crawl

Hurdles Jumps

Quick Feet Tyre Step

Giant Wall inflatable

Endurance Zone:

Slalom Shuttles

Spider Crawl

Prowler Sled Push

Giant Frame Cargo Net Traverse

Balance Zone:

Balance Beam

Sloped Leap Pad Steps

Space Hoppers

Giant Frame Hanging Doors

Strength Zone:

Farmers Carry

Parallel Bars

Tug of War rope pull

Giant Frame Monkey Bars

THE FINALE

Dependent on the number of guests and teams, we shall invite the top four teams to compete in the ultimate challenge – the assault course that sees teams tackle each of four zones consecutively **in the fastest time possible!**

