Become the Next American Ninja Warrior: The Ultimate Guide on How to Prepare and Win the Next American Ninja Warrior Obstacle Race (Paperback)

By Brian Davidson

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.How to train for "American Ninja Warrior"Today only, get this Amazon book for just $6.99. Regularly pricedat $9.99. In 15th-century Japan, ninjas had more to worry about than their bench press and body-mass index. They were too busy being awesome.Some 600 years later, exercise routines tend to put health before stealth and with good reason, given today s obesity and heart disease rates. But they also increasingly value versatility, mixing sports to quot;cross-trainquot; better all-around athletes. And now a globe-trotting TV show is taking that idea a quintuple step further, mobilizing an army of would-be ninjas in the name of fitness.NBC s quot;American Ninja Warrior,quot; now with six seasons under its belt, is a spinoff of the long-running Japanese show quot;Sasukequot; (aka quot;Ninja Warriorquot;). Contestants face a grueling array of athletic tests, similar to ABC s quot;Wipeoutquot; but in the more serious style of Japan s original obstacle-course game shows. From schoolteachers to firemen to police officers to social workers, this competition gives everyday men and women the chance to transform into fearless acrobatic competitors,...

Reviews

This publication is definitely worth getting. I actually have go through and so i am sure that i will gonna read through again yet again later on. I am just quickly can get a satisfaction of looking at a created pdf.
-- Hailee Armstrong I

I actually started looking at this pdf. it was writtern extremely properly and valuable. I am very happy to inform you that this is basically the greatest book i have read through during my very own daily life and might be he finest pdf for actually.
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