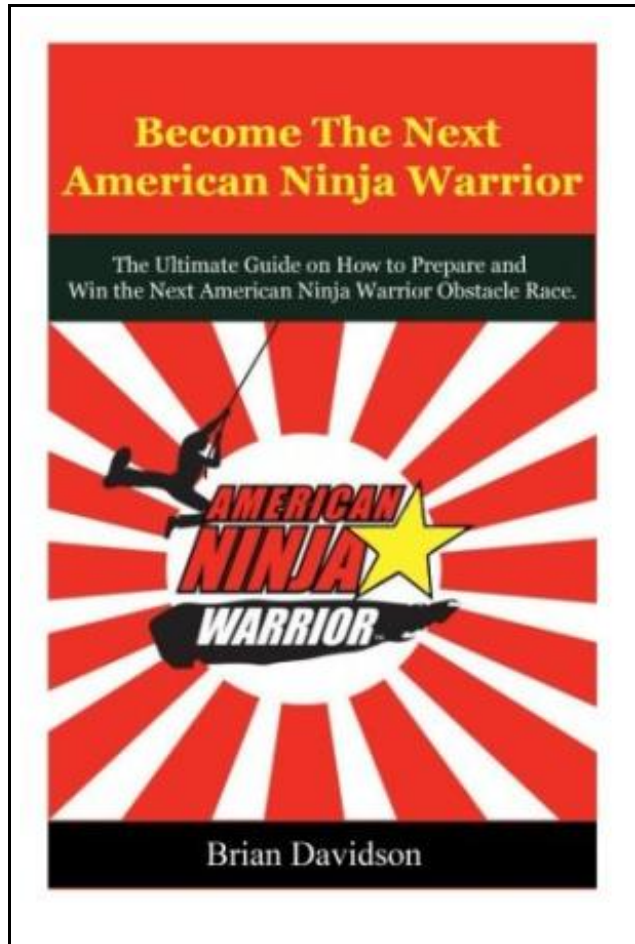


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.How to train for "American Ninja Warrior" Today only, get this Amazon book for just \$6.99. Regularly priced at \$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 quote; cross-train quote; 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 quote; American Ninja Warrior, quote; now with six seasons under its belt, is a spinoff of the long-running Japanese show quote; Sasuke quote; (aka quote; Ninja Warrior quote;). Contestants face a grueling array of athletic tests, similar to ABC's quote; Wipeout quote; 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, a shot at a \$500,000 cash prize, and--perhaps most relevant to you--the ability to do special workouts and training that build a very impressive combination of a lean body, grip strength, speed, explosiveness, flexibility and balance. The U.S. version has yet to crown its first champion, but if you think you have what it takes, this book will teach you all the tips, including application, preparation, workout techniques and meal plans, to help you release your inner ninja. Here Is A Preview Of What You'll Learn. Overview of the American Ninja Warrior competition The Application Process Tips and Tricks The American Ninja Workout Plan How...



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