

# How to Become an American Ninja Warrior

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## HOW TO BECOME AN AMERICAN NINJA WARRIOR

### Training:

1. Train your **grip & forearm** strength by doing **Dead Hang** exercises.



- a. Start by hanging from a pull-up bar or door frame by your fingers.

- b. Use a chair to hold up your weight when beginning this exercise and build up to hanging without assistance.
  - c. Always place your hands shoulder width apart, with your chest pointed upwards and back shoulder blades down.
  - d. Hang for 10+ seconds and then rest for 5-10 seconds. Repeat until you can no longer hang.
2. Additional workouts:



- a. Peg Push-ups
- b. Lunges
- c. Box Jumps
- d. Lateral Jumps

### Application:

1. You'll be required to film a 2-3 minute video to apply for ANW.
2. Most people are intimidated by this requirement. Don't Worry!
3. Film with an outline of spending approximately 1 minute on the following categories:
  - a. Introduction:
    - i. Introduce yourself, important information about you, and your background,
  - b. Your Story:
    - i. Go into detail of who you are, your interests, hobbies, and/or what makes you unique.
    - ii. This **DOES NOT** have to be a tragic story. Make it fun if you'd like.
  - c. Physical Abilities:
    - i. Film yourself doing some cool athletic things!
    - ii. There's no need to show yourself doing dangerous feats or anything.

- iii. Contrary to popular belief, this is the **LEAST IMPORTANT** part of the video and is used by producers to simply verify that you won't hurt yourself on the course.
4. Remember that the most important aspects of the video are to show off your personality and story!

### Compete:

1. Be awesome!
2. Have fun!