

CONQUER NINJA GYMS

Trainer's Manual
and Obstacle Guide

CONQUER NINJA GYMS

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QUINTUPLE STEPS



WHAT DOES IT WORK?

LATERAL GLUTES
QUADRICEPS
CALVES

TECHNIQUES

The Cat Grab

1. Land on the step with both hands and feet
2. Turn to face the next step
3. Jump to the next step with both hands and feet
4. Continue until obstacle is completed

Triple Step Method (a.k.a. The Twinkle Toes Method)

1. If the step is on your left, start with your left foot
2. Land on the step with your left foot first, then your right foot, then push off with your left foot
3. Land on the next step with your right foot and repeat the process
4. Continue until obstacle is completed

**Use the opposite feet if the first step is on your right*

Single Step Method

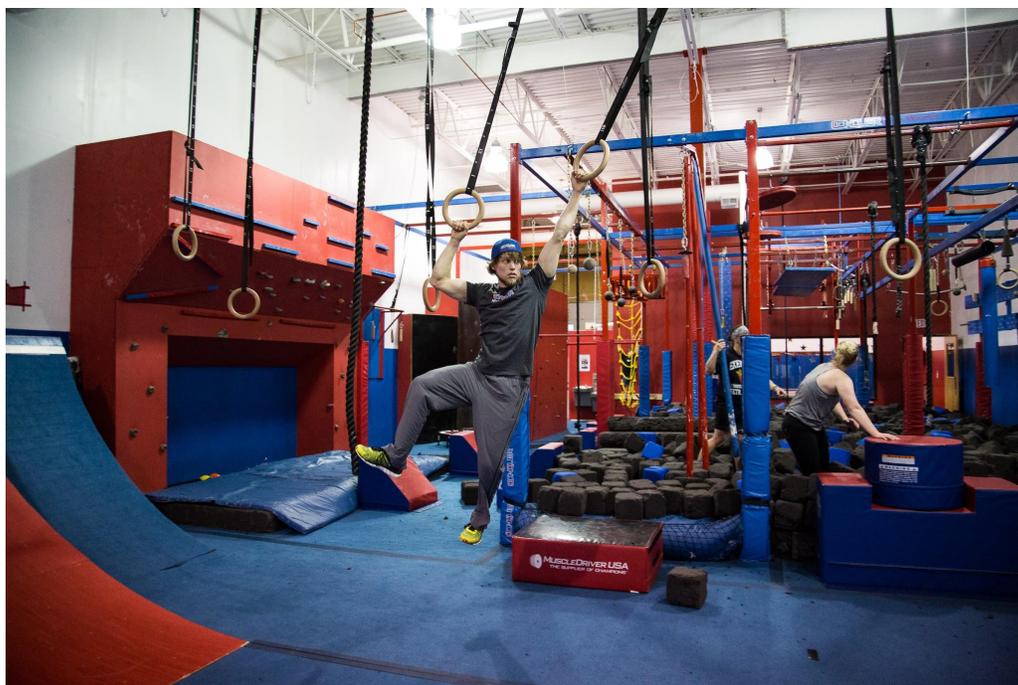
1. Start with whichever foot is on the same side as the first step
2. Land on step with foot towards the bottom and as far forward as possible
3. Jump to the next step using one leg
4. Continue until obstacle is completed

SKILL TIPS!

- Have participants stand in a line behind one person or object
- Create a place for participants to go after completing the obstacle

CONQUER NINJA GYMS

RINGS



WHAT DOES IT WORK?

GRIP
LATISSIMUS DORSI
BICEPS

TECHNIQUE

1. Grab the ring with both hands
2. Bend your knees until your arms are straight
3. Rock back and forth, then push off of platform
4. Let go with one hand and use it to grab the next ring
5. Once you are hanging on to both rings, build up swing by bending one arm, then relaxing it and bending the other arm
6. Let go with your back hand on your backswing
7. Grab the next ring
8. Continue until obstacle is completed

SKILL TIPS!

- If the participant is having trouble holding on, have them transfer both hands when swinging to the next ring
- Make sure the participant is pushing off the platform, not jumping off
- At least one arm should be straight at all times

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WARPED WALL



WHAT DOES IT WORK?

QUADRICEPS
GLUTEUS
CALVES

TECHNIQUE

1. Run fast
2. Lean back
3. Jump and grab the top of the wall
4. Get your feet on the front of the wall
5. Pull yourself up over the top of the wall using your arms and legs

SKILL TIPS!

- Look to the top of the wall while running
- Aim higher than the wall itself
- Get your knees up
- After you grab the top of the wall, get your elbows over the wall first
- If you fall, push the top of your body into the wall and slide down on your hands and toes. Don't backpedal or turn around

SPIDER CLIMB



WHAT DOES IT WORK?

QUADRICEPS
LATERAL GLUTEUS
CALVES

TECHNIQUES

Without Trampoline

1. Put one hand on each wall
2. Jump and get the bottoms of feet on the walls
3. Press outwards with hands and feet
4. Move hands forward at the same time, then move feet forwards at the same time
5. Continue until obstacle is completed

With Trampoline

1. Jog towards the trampoline
2. Jump off the ground with one foot
3. Hit the trampoline with both feet at the same time
4. Jump up, then stick with both hands and feet at the highest point in your jump
5. Continue until obstacle is completed

SKILL TIPS!

- Have taller participants turn sideways
- It helps to bend both legs
- Try to get both feet on the wall at the same time
- Make sure the participant is jumping up, not forward, off of the trampoline

DOUBLE TILT LADDER



WHAT DOES IT WORK?

GRIP
BICEPS
LATISSIMUS DORSI

TECHNIQUES

Double Hand Swinging Method

1. Grab the first rung with both hands
2. Build up enough swing to grab the next rung with one hand
3. Transfer the other hand to the same rung
4. Continue until obstacle is completed

Single Hand Swinging Method

1. Grab the first rung with both hands
2. Build up enough swing to grab the next rung with one hand
3. Keep hands in place and build up swing
4. Use the same method as on the Rings to continue with the rest of the obstacle

Double Hand Swinging Method

1. Face either sideways or backwards and grab the first rung with both hands
2. Using your lats and biceps, reach for the next rung with one hand
3. Transfer both hands to that same rung
4. Continue until you reach the next ladder
5. Latch to the next ladder, making sure the body is long and hips are high
6. Continue with the same technique until the end of the obstacle

SKILL TIPS!

- If doing one of the first two methods, make sure the participant is swinging
- The participant can use the sides of the ladder if they need to

RING TOSS



WHAT DOES IT WORK?

GRIP
BICEPS
ROTATOR CUFF

TECHNIQUES

Monkey Bar Method

1. Grab one ring with each hand and put them on the adjacent pegs
2. Start to swing
3. Assuming you are facing the obstacle and going right:
 1. Take the left ring off the peg on your backswing
 2. Take the ring in your left hand and turn so your left hand is going under your right hand
 3. Place the ring on the next rung
4. Continue until the obstacle is completed

Side to Side Method

1. Grab one ring with each hand and put them on the adjacent pegs
2. Build up a small swing
3. Assuming you are facing the obstacle and going right:
 1. Move the ring in your right hand to the next peg at the front of your swing
 2. On your backswing, move the ring in your left hand to the peg that your right hand ring was just on
4. Continue until the obstacle is completed

SKILL TIPS!

- If using the Monkey Bar Method, try to relax your arms as much as possible
- Keep a rhythm going
- The first and last rings are the hardest!

SALMON LADDER



WHAT DOES IT WORK?

GRIP
BICEPS
LATISSIMUS DORSI

TECHNIQUES

Bent Arm Method

1. Face the obstacle and grab the bar with both hands
2. Pull up so your arms are at 90 degrees
3. Finish the pull up explosively and with a **kip**
4. Move the bar out and up to slam it into the next peg
5. Repeat until you reach the top

Hanging Method

1. Face the obstacle and grab the bar with both hands
2. Move your head slightly in front of the bar, and move your legs and hips slightly behind the bar
3. Explosively close your body and pull up
4. Move the bar out and up to slam it into the next peg
5. Repeat until you reach the top

Transferring

1. Face the obstacle and grab the bar with both hands
2. Build up a very small swing
3. Move your toes up to the top of the bar
4. Let your body fall back
5. Using this momentum, **lache** to the other side

SKILL TIPS!

- Keeping your grip somewhat wide gives you more control of the sides of the bar
- Make sure you're using the lower half of your body
- Slamming the bar into the pegs ensures that you will stay on the obstacle even if you don't make it onto the next peg because it will catch on the lower peg

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LACHE BARS



WHAT DOES IT WORK?

GRIP
ROTATOR CUFFS
CORE

TECHNIQUE

1. Face the bar and grab it with both hands
2. Build up a swing
3. Get hips high
4. Make the last swing explosive, keep the body long, and throw the bar behind you
5. Throw your upper body forward and catch the next bar
6. Repeat until obstacle is completed

SKILL TIPS!

- Make sure your body is long and your arms are relaxed
- When you catch the next bar, make sure your legs and hips are either behind or in front of you, not directly underneath you. This will maintain your swing so it is easier to swing to the next bar.
- The higher you are when you let go, the easier it is to get to the next bar

DEVIL'S STEPS



WHAT DOES IT WORK?

GRIP
BICEPS
PECTORALIS

TECHNIQUE

1. Face away from the obstacle, and grab the first step with both hands
2. Move one hand up to the next step
3. Move the other hand up, either to the same step as your first hand or skip to the step above
4. When you reach the top and are ready to transfer, do a partial pull-up with a kip, and reach one hand to the other side
5. Bring your other hand to the same step
6. Repeat first two steps until obstacle is completed

SKILL TIPS!

- It's OK to kip!
- If you're having trouble pulling up, build up a swing and reach for the next step with one hand on your backswing

UNSTABLE BRIDGE



WHAT DOES IT WORK?

GRIP
BICEPS
PECTORALIS

TECHNIQUE

1. Hang from the obstacle with one hand on each side
2. Walk your hands forward one at a time, or use your legs and hips to jump both hands forward at the same time
3. Get your hands as close to the end of the obstacle as possible
4. Lache to the other side
5. On the second bridge, the chain is in the middle, so you can only use your hips and legs to jump both hands forward
6. Continue until the end of the obstacle

SKILL TIPS!

- Grab the second bridge with both hands at the same time
- Bend your arms if you're having trouble building up a swing
- Refer to the Lache Bars guide for further help

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KIPPING



WHAT DOES IT WORK?

CORE
HIPS
LATISSIMUS DORSI

TECHNIQUE

1. Drive legs back and hips forward to form a "C", starting from your hands and ending at your heels (see picture)
2. Drive hips back and legs forward
3. Drive knees up and pull up

PROGRESSION

1. Hang from the bar and move your feet back and forth
2. Move just your hips back and forth
3. Combine steps one and two
4. Lift your knees explosively at the end
5. Add a pull-up at the end

SKILL TIPS!

- Using a switch grip can help with grip strength issues
- Make sure the participant knows this is a technique to get through obstacles, not to gain strength

CANNON BALLS



WHAT DOES IT WORK?

GRIP
BICEPS
LATISSIMUS DORSI

TECHNIQUES

Two Hand Method

1. Place one hand on the first cannonball with the metal part between your fingers
2. Place your other hand on top of your first hand, locking it in
3. Move the shoulder of the top hand closest to the next cannonball
4. Swing over and reach for the next cannonball with your top hand
5. Swing back, putting your back hand on top of your other hand and rotating 180 degrees so the shoulder of the top hand is closest to the next cannonball
6. Repeat until end of obstacle

Single Hand Method

1. Place one hand on the first cannonball with the metal part between your fingers
2. Swing towards the next cannonball and place your other hand around it with the metal part between your fingers
3. On your backswing, let go of your backhand and turn 180 degrees
4. Grab the next cannonball in the same way
5. Repeat until end of obstacle

SKILL TIPS!

- Straight arms place more pressure on your forearms
- Bent arms place more pressure on your lats and biceps

NUNCHUCKS / BUNGIES



WHAT DOES IT WORK?

GRIP
BICEPS
LATISSIMUS DORSI

TECHNIQUES

Two Hands with No Turn

1. Grab as high as you can on the first nunchuck or bungee
2. Place other hand directly underneath the first one
3. Move top hand to the next nunchuck or bungee
4. Place other hand directly underneath the first one
5. Repeat until end of obstacle

Two Hands with Turn

1. Grab as high as you can on the first nunchuck or bungee
2. Place other hand directly underneath the first one
3. Rotate your body 180 degrees, bringing the shoulder of your bottom hand closest to the next nunchuck or bungee
4. Reach with your bottom hand and grab as high as possible on the next nunchuck or bungee
5. Follow with your other hand grabbing directly underneath your top hand (your top hand and bottom hand should now be switched)
6. Repeat until end of obstacle

One Hand with Turn

1. Grab as high as you can on the first nunchuck or bungee
2. Swing directly to the next nunchuck or bungee, grabbing as high as possible with your other hand
3. Let go on your backswing
4. Turn 180 degrees so your back hand can reach the next nunchuck or bungee
5. Repeat until end of obstacle

SKILL TIPS!

- Make sure to grab every bungee or nunchuck
- Depending on your strength, you can use straight or bent arms
- Again... grab as high as you can!

I-BEAM CROSS



WHAT DOES IT WORK?

GRIP
CORE
HAMSTRINGS
ADUCTOR GROIN MUSCLES

TECHNIQUE

1. Grab the Cliffhanger section of the I-Beam with one hand on each side
2. Place one foot on the face of the obstacle
3. Place the next foot on the face of the obstacle, either above or below your first foot
4. Walk up the obstacle with your hands and feet
5. Grab the top with one hand, then the other
6. Walk both hands out until you have room to walk your feet up the vertical portion
7. Walk your legs up and place both heels on the same lip as your hands
8. Walk forward with hands and legs until end of the obstacle

SKILL TIPS!

- Take weight off your hands by squeezing your inner thighs
- Bring your legs with you; it helps to keep your knees bent at a 90 degree angle
- If you need to turn around when you reach the top, you can go down feet first but this will make it harder to touch the end
- Another way to get up the vertical part is to squeeze the sides of the obstacle with your feet, using them to get to the top

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WIND CHIMES



WHAT DOES IT WORK?

GRIP
LEGS
LATISSIMUS DORSI

TECHNIQUE

1. Grab high on the first wind chime with both hands
2. Put the bottoms of your feet on the obstacle so you're supporting most of your weight with your legs
3. Reach over to the next wind chime with one hand and grab tightly
4. Transfer your legs over to the next wind chime and place your feet in the same position as before
5. Continue until end of the obstacle

SKILL TIPS!

- If you can't get a good grip with your hands, try wrapping your whole arm around the wind chime
- If you don't have the flexibility to get the bottoms of your feet on the wind chime, wrap your legs around it and squeeze
- The more you use your legs, the easier it will be

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ROPE CLIMB



WHAT DOES IT WORK?

GRIP
LEGS
LATISSIMUS DORSI

TECHNIQUE

1. Grab high on the rope with both hands
2. Wrap one leg around the rope so that part of the rope is over your foot
3. Jump up and bend your knees, allowing the rope to slide across your foot
4. Place your other foot on top of both your rope and foot, securing the rope
5. Push up with your legs and re-grip higher on the rope
6. Continue until you reach the top

SKILL TIPS!

- Use your legs as much as possible
- To make it easier, use a rope with knots and place your feet on those
- To make it harder, try climbing with no hands... or in an L sit... or upside down...



PROGRESSIONS

Close Quintuple Steps → Quintuple Steps → Spider Climb

Grip work → Rings → Ring Toss / Cannon Balls

Smaller Warped Wall → Warped Wall → No hands, or bigger Warped Wall

Quintuple Steps → Spider Climb → Spider Climb tricks

Stationary Monkey Bars → Double Tilt Ladder → Lache Bars

Regular Rings → Ring Toss → Door Knobs

Kipping pull-ups → Salmon Ladder → Salmon Ladder tricks

Close Lache Bars → Lache Bars → Salmon Ladder transfer

Cliffhanger pull-ups → Devil's Steps → Devil's Step tricks

Lache Bars → Unstable Bridge → Sideways Cliffhanger transfers

Practicing the kipping movement → Kipping pull-up → Salmon Ladder / muscle-up

Rings → Cannon Balls → Nunchucks / Bungies

Cannon Balls → Nunchucks / Bungies → Bigger Nunchucks / stretchier Bungies

Cliffhanger with hands and feet → I-Beam Cross → Cliffhanger with just hands