



Seven Benefits of EQ's NinjaCats Warriors

Summary:

EQ's NinjaCats Warriors is a program that relies on body-weight strength which means that anyone can participate. EQ's NinjaCats Warriors is for all ages, genders, and abilities to enjoy exercise in a family-friendly atmosphere.



Unlike most exercise activities which divide boys and girls, women and men into separate leagues or have them exercising on different apparatus, EQ's NinjaCats Warriors levels the playing field. We welcome all ages and genders on the exact same course.

The spirit of EQ's NinjaCats Warriors is one of inclusivity and support. It is all about athletes versus obstacles. Unlike other sports where teams and athletes may cheer against each other, Ninja is known for its sense of community and support among athletes.

The Benefits of EQ's NinjaCats Warriors Curriculum

There are numerous mental and physical health benefits of exercise for kids and adults. In Ninja, the same general physical and mental health benefits are true, however there is more specialized benefits that apply as well. We have listed seven of the top benefits of EQ's NinjaCats Warriors below.

1) EQ's NinjaCats Warriors Improves Functional Strength



This is a sport that values functional strength. The object of the EQ's NinjaCats Warriors is to navigate challenging obstacles and reach the finish line. As a result, imbalanced muscle development may hinder the performance of an athlete. For example, speed skaters, cyclists, hockey players, and figure skaters all naturally develop larger leg muscles by training for their sport. Although this development helps in their sport of choice, their superior leg muscles could be considered an imbalance in Ninja Warrior.

Different obstacles require different strengths. Obstacles like the Warped Wall will primarily depend speed and leg strength whereas obstacles like the Salmon Ladder will rely on upper body strength. For a Ninja to succeed they must develop well balanced functional strength.

Well-developed functional strength prepares a Ninja for any obstacle that lies ahead. Best of all, this functional strength development will transfer over to almost every other athletic pursuit. This opens a world of fun and success for Ninja athletes outside of the Ninja program.

2) Ninjas require flexibility to navigate tricky obstacles

Flexibility is a key tool in a Ninja Warrior's toolbelt. When a Ninja is too stiff, the next rope or handhold may always feel out of reach. However, when a Ninja is flexible, they can trust their body to stretch, reach and climb over any tricky obstacles.

How many times have you seen a Ninja catch themselves in an awkward position? Flexible Ninja Warriors have a better chance at holding on and regaining their balance if they start falling off an obstacle. This can translate into better results in all sports and decrease an athlete's chances of injury.

Outside of EQ's NinjaCats Warriors training, flexibility can help athletes maintain good posture and complete everyday tasks with more ease and comfort.



3) Balance is crucial to EQ's NinjaCats Warriors training

EQ's NinjaCats Warriors obstacles require that athletes can balance themselves in a multitude of different scenarios. This can include walking along narrow beams, quickly hopping from platform to platform, regaining footing after leaping, scaling a rope ladder and much more. All these unique scenarios require that an athlete is able to quickly gain (or regain!) their balance. As a result, EQ's NinjaCats Warriors training can be a fantastic way to improve balance.

This improved balance is one of the biggest benefits of EQ's NinjaCats Warriors because of its significant impact on injury prevention. Better balance links to a 45% decrease in injury thanks to joint stabilization. This means better balance can keep athletes healthier while they are away from the Ninja program too.

4) Fine tune your agility

Agility requires strength, speed, coordination, and practice. Knowing how to navigate a difficult Ninja course is one thing but understanding how to quickly react or recalculate your movement is another. In an EQ's NinjaCats Warriors program, athletes are challenged with obstacles that force them to recalibrate and try again. Over time this practice can help athletes hone their ability to move through Ninja courses in an efficient and agile way.

While a high degree of agility is not required to live a healthy life, it does afford athletes the opportunity to pick up new sports and recreation with ease. This ease-of-play can help athletes enjoy more sports and stay active later in their lives which is a major benefit to long-term health.

5) Increased focus & precision



In athletics there has always been a concept of being ‘in the zone.’ In recent years, this concept has been studied and named the ‘flow state.’ Whatever you would like to call it, Ninja Warriors must find their way to a flow state, or ‘zone’ because this sport requires such an elevated level of focus and precision.

As athletes train in Ninja Warrior, they practice their ability to be precise with their movements. This practice can easily carry over into other sports and everyday movements. In older athletes, training precision can help prevent injury on stairs, slippery sidewalks and other common hazards which is a huge benefit.

6) One of the best benefits of EQ’s NinjaCats Warriors is core strength

Core strength is the real secret to success in every sport. Every movement your body makes requires your core muscles to balance and transfer power. It is crucial to every sport, and EQ’s NinjaCats Warriors is no different.

Without core strength an athlete’s body will struggle to maintain proper posture. As a result, athletes will perform with less control and “cheat” on movements, putting themselves off-balance and at a higher risk of injury.

By emphasizing balance building, quick explosive movements, and difficult holds or climbs, EQ’s NinjaCats Warriors helps athletes develop core strength in a fun way. This core strength development helps Ninjas leap between obstacles, scale walls, balance on unruly obstacles and much more.

As Harvard Medical School writes, the real-world benefits of good core strength are far reaching and help in every aspect of life. This includes work tasks, household chores, recreation, and more.

7) A Caring Community and the Culture of Ninja Warrior



One of the great benefits of EQ's NinjaCats Warriors is that it is a challenge between athletes and obstacles. This means athletes often cheer and rally around each other, hoping for participants to do their best. The result is a friendly and supportive community where everyone feels welcome.

When youth and adult participants enter a community like this, they are encouraged to try their best. Overtime this practice of reaching for excellence can lead to big improvements in performance. As a result, participants will experience increases in physical fitness which has a cascade of benefits for an athlete's physical and mental health! In this way, the caring and supportive community can help create stronger, happier athletes.

EQ's NinjaCats Warriors is for Everyone

Everyone watching Ninja Warriors at home secretly thinks they could compete if they trained hard enough. It is a sport that does not seem so far out of reach. Ultimately, EQ's NinjaCats Warriors provides accessible fitness and fun for any athlete who enters our Ninja program.

