

IMPACT™

NINJA OBSTACLE COURSE

ELEMENT LIST

CONFIDENTIAL

TABLE OF CONTENTS

GROUND-BASED ELEMENTS	PAGE
ANGLE RUN	4
BALANCE LOG / BAR HOPS	5
BALL CROSSING	6
WARPED WALLS	7
UP & OVER WALL	8
SLACK LINE	9
INCLINE RAMP	10
INCLINE TREADMILL	11
ISLAND STEPS HIGH	12
OFF-SET PADDED LOGS	13
PARKOUR STEPS	14
SONIC CURB	15
STEPS – ASCENDING	16
STEPS – GROUND TO BOX	17
STEPS – GROUND TO GROUND	18
STEPS – V-CHANNEL	19
STEPS – ADJUSTABLE	20
KIDS SOFT PLAY - MINI NINJA	21



TABLE OF CONTENTS

FRAME-BASED ELEMENTS

SPINNING BASKETS	23
CAMELBACK	24
CANNONBALL ALLEY	25
CARGO TUBE NET	26
CLIMBING WALL	27
ZIP LINE	28
UNSTABLE BRIDGE	29
U-ROPE WALK	30
CLIMBING WALL – ADJUSTABLE	31
CLIMBING WALL – WAVE	32
FLOATING BRIDGE	33
FLYING BAR	34
HANGING BUNGEE ROPES	35
HANGING DOORS	36
HANGING DOORS – ADVANCED	37
HANGING SILKS	38
HORIZONTAL CARGO NET	39
HORIZONTAL TUBE NET	40
IRON PADDLER	41
JUMP TO CARGO NET	42
JUNGLE SWINGS	43
LOG GRIP	44
PIPE SLIDER	45
PLANK TRAVERSE	46
RING SLIDER	47
RINGS OVERHEAD	48
RINGS OVERHEAD - INLINE	49
ROOF CLIMB	50
ROPE SWING TO CARGO NET	51
RUMBLING DICE	52
SALMON LADDER	53
SEA OF BALLS	54
SEA OF DISCS	55
SEA OF MULTIPLE RINGS	56
SEA OF POLES	57
SEA OF POLES WITH BALLS	58
SEA OF RINGS LOW	59
SEA OF SWINGS LOW	60
SPIDER JUMP - ELEVATED	61
SPINDLE ROLLER & TILTING LADDER	62
SPINNING WHEELS – SMALL	63
STEPS - ELEVATED	64
TILTING FRAME	65
TRAPEZE BARS	66
TRAVERSE BOX	67
ACCESSORIES	71-73

ANGLE RUN

With a running or jumping start, participants must run the length of this angled ramp. It can be used in conjunction with other components so at the end of the run participants must jump to it, such as a cargo net or rope swing. This is a lower body and balance workout.

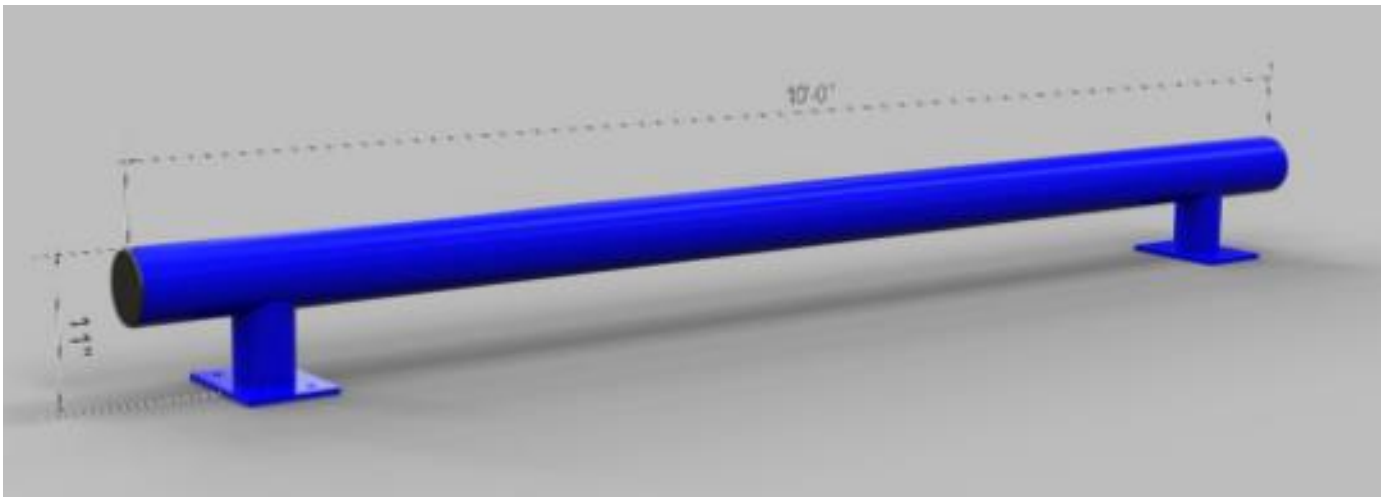
DIFFICULTY	LOCATION	FOCUS
ATHLETE	GROUND-BASED	BALANCE
TEEN-ADULT		LOWER-BODY



BALANCE LOG

Participants must maintain their balance as they walk or run across the log. They may utilize a side step or a forward step, whichever they prefer. This is a balance obstacle, using lower body and core muscles.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	BALANCE
TEEN-ADULT	ELEVATED	LOWER-BODY



BAR HOPS

The rounded surface is not to be underestimated as you hop from bar to bar and try not to fall off. The number of bars, the configuration, and the participant’s speed will determine the level of difficulty. This is a lower body and balance exercise.

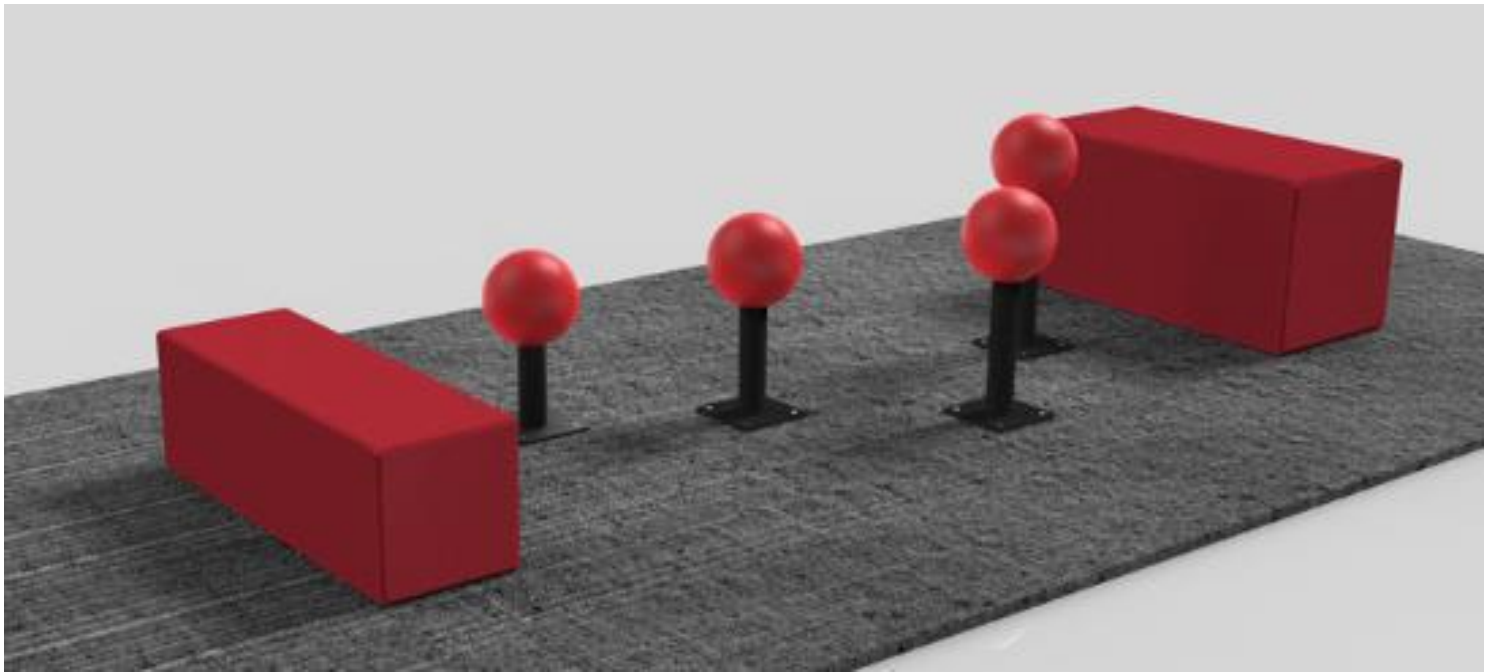
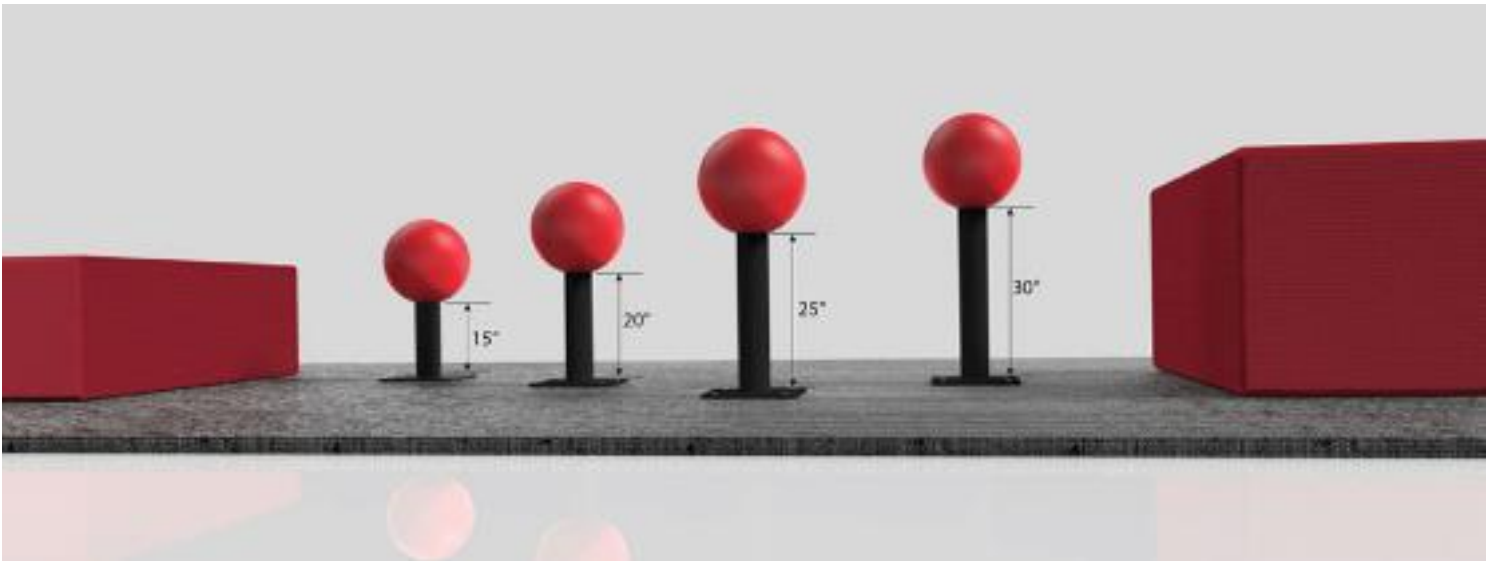
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	BALANCE
TEEN-ADULT		LOWER-BODY



BALL CROSSING

Participants must run or jump from ball to ball, navigating up or down hill as determined by the course layout. Top surface is large enough for both feet, but participants may prefer bounding in succession across the balls. This is primarily a lower body obstacle.

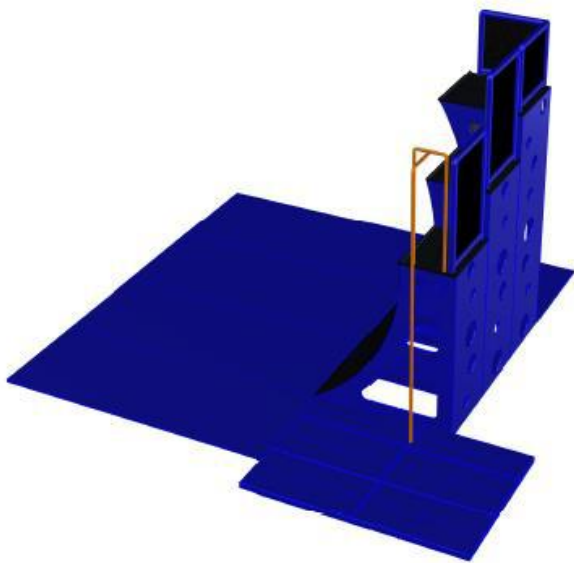
DIFFICULTY	LOCATION	FOCUS
ATHLETE	GROUND-BASED	BALANCE
TEEN-ADULT		LOWER-BODY



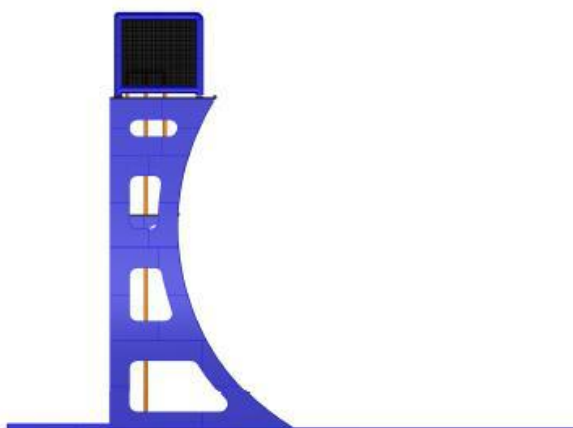
WARPED WALLS

Participants must run and generate enough speed to get up the wall so they can jump and grab the top ledge. Then they must hoist themselves up to stand on the top of the wall. Lower body strength is key to a good start, and good launch upwards, but upper body strength is required to complete this obstacle.

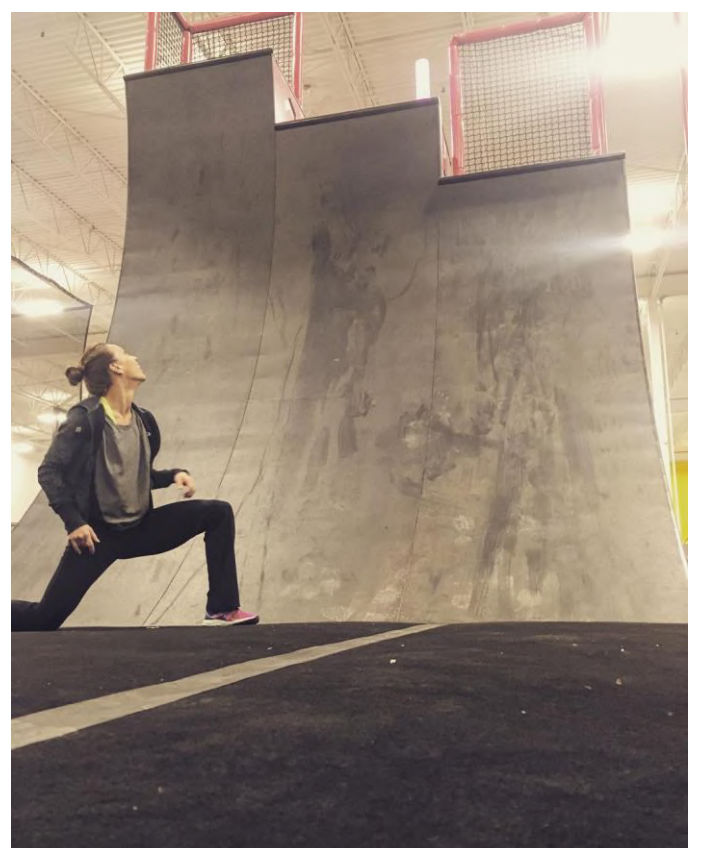
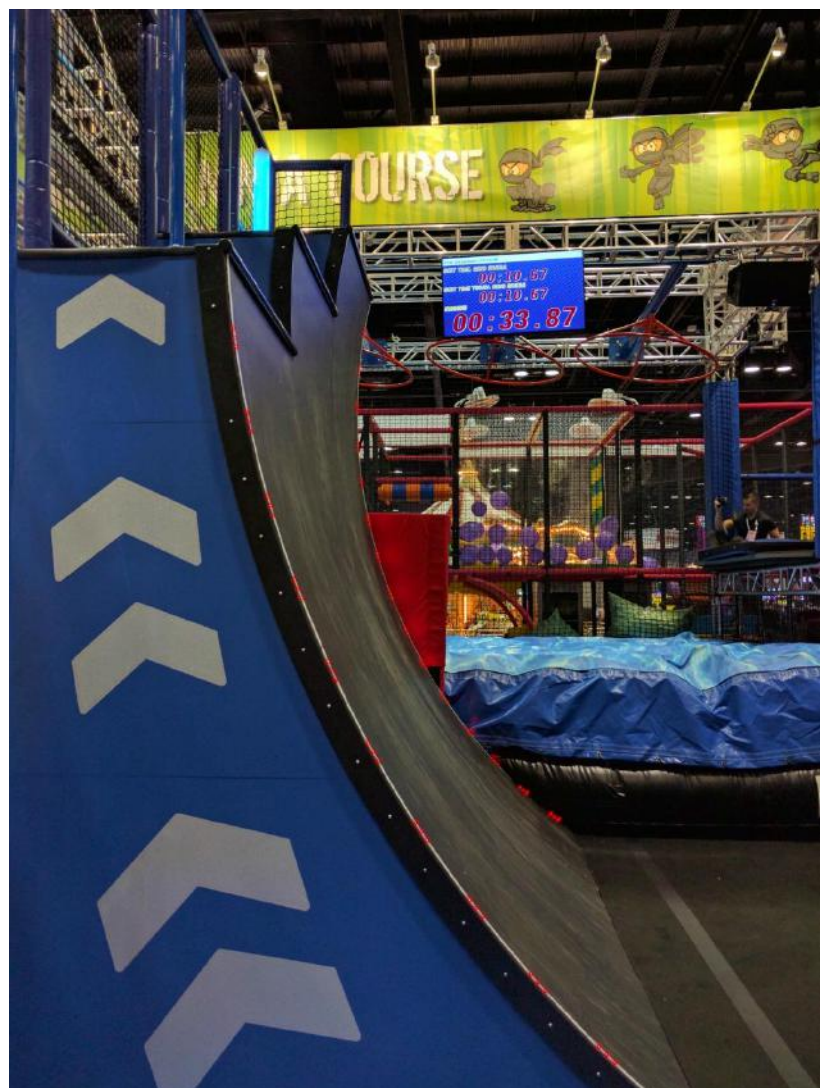
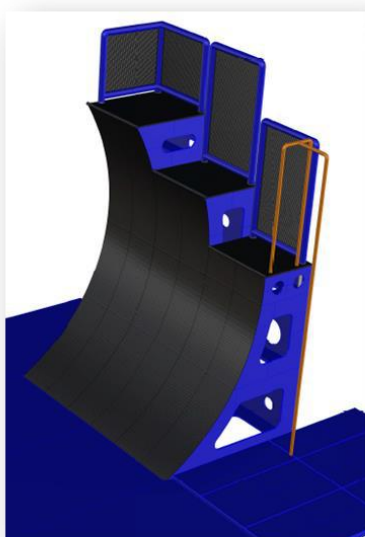
DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	UPPER-BODY
ADULT-ATHLETE		LOWER-BODY



PERSPECTIVE VIEW



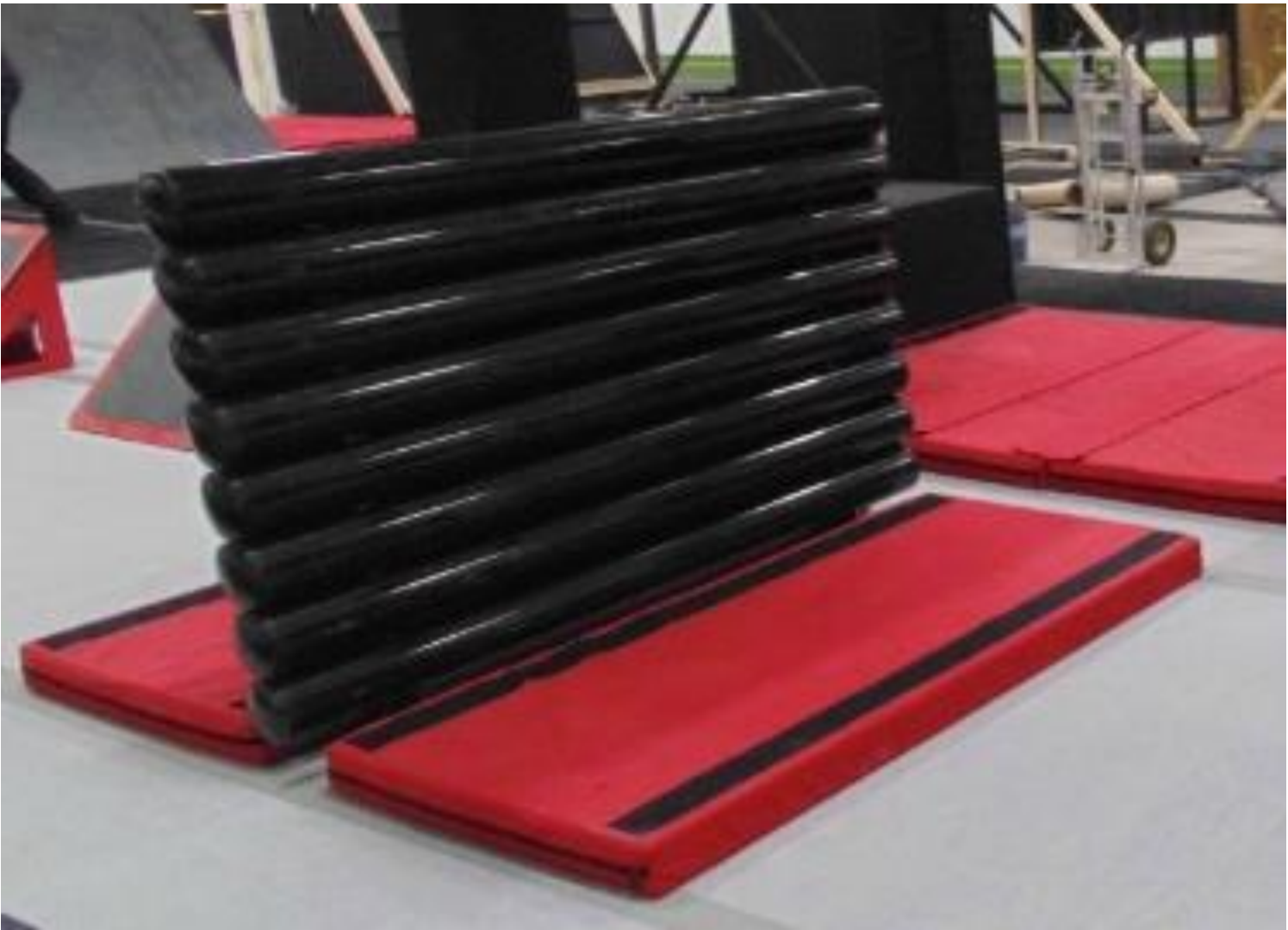
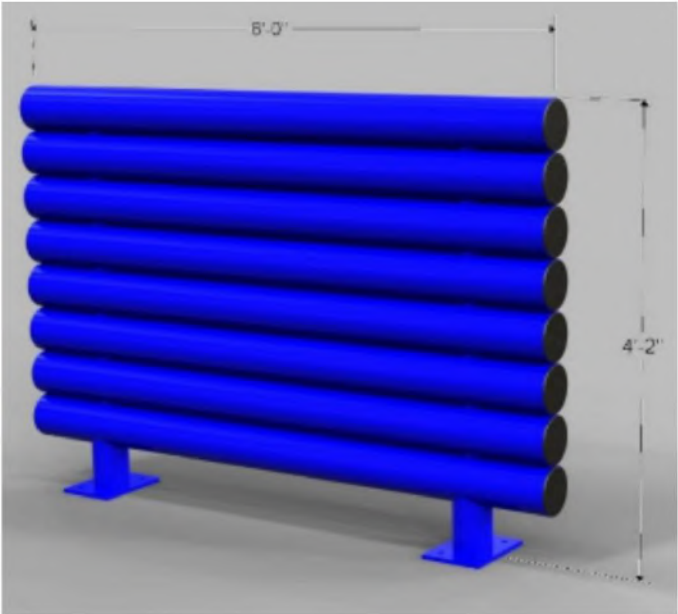
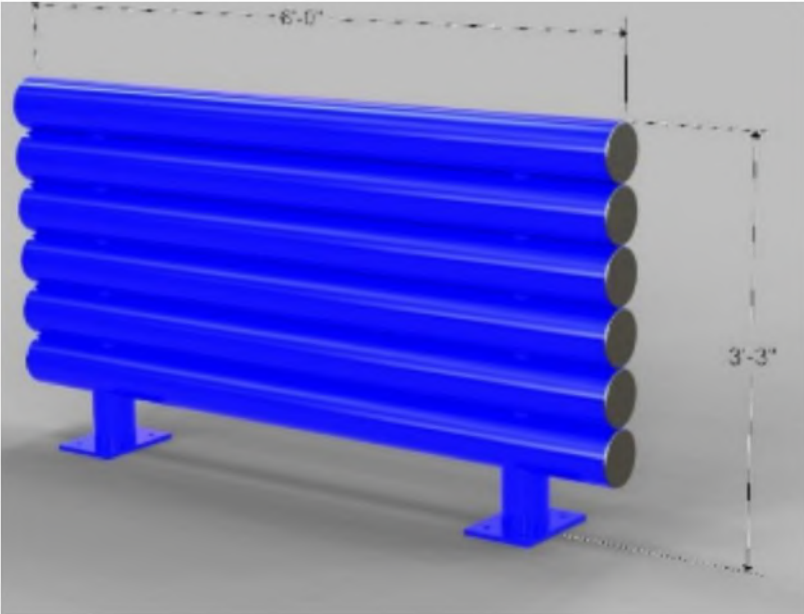
RIGHT VIEW



UP & OVER WALLS

Run and vault over this wall, or jump and grab the top and then haul yourself over it. Vaulting uses arms, core, and legs, where as the second technique use primary arms and legs. Best technique is determined by height of the wall and the participant.

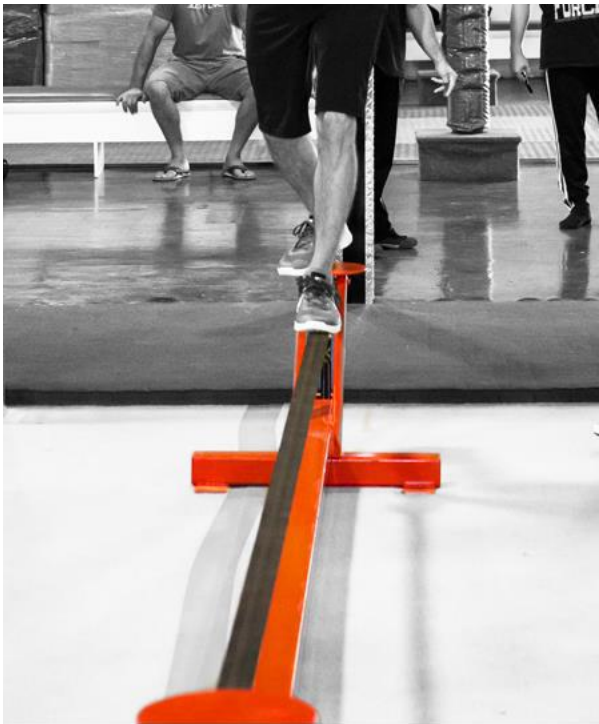
DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	UPPER-BODY
ADULT-ATHLETE		LOWER-BODY



SLACKLINE

Walk across the tightened strap without falling off. Participants can move at a slow or fast rate depending on their ability, and can use various techniques, such as one foot in front of the other, or side stepping. This obstacle requires good balance and core muscles.

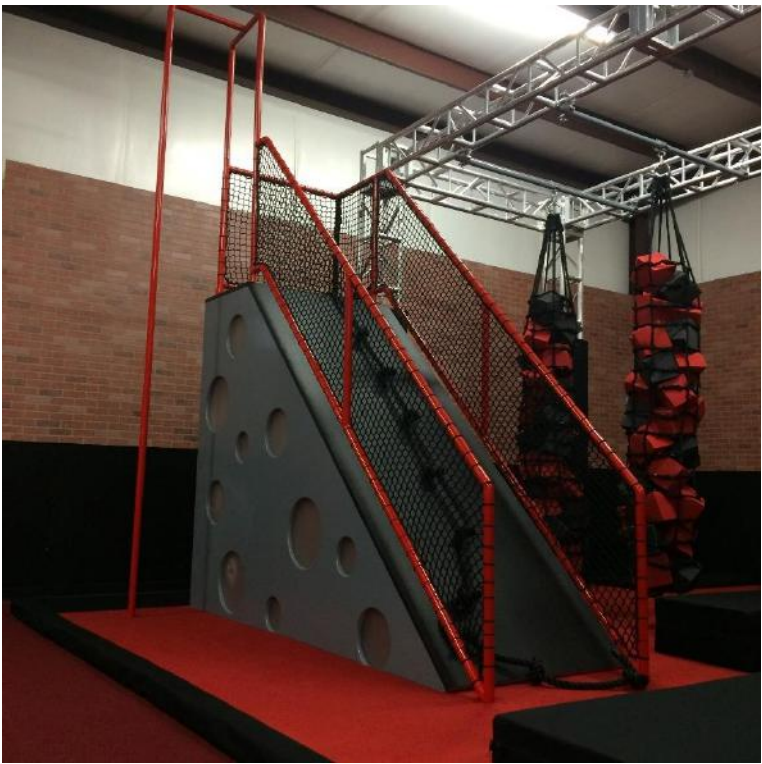
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	BALANCE
TEEN-ADULT		



INCLINE RAMP

Participants run up either the shorter or the taller ramp. This is a great introduction for beginners or younger participants to practice on before trying the warped wall. They can start on the shorter one, building technique and confidence and then move onto the taller one.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	UPPER-BODY
TEEN-ADULT		LOWER-BODY



INCLINE TREADMILL

Run up the incline treadmill. The speed can be adjusted from easy to extreme.

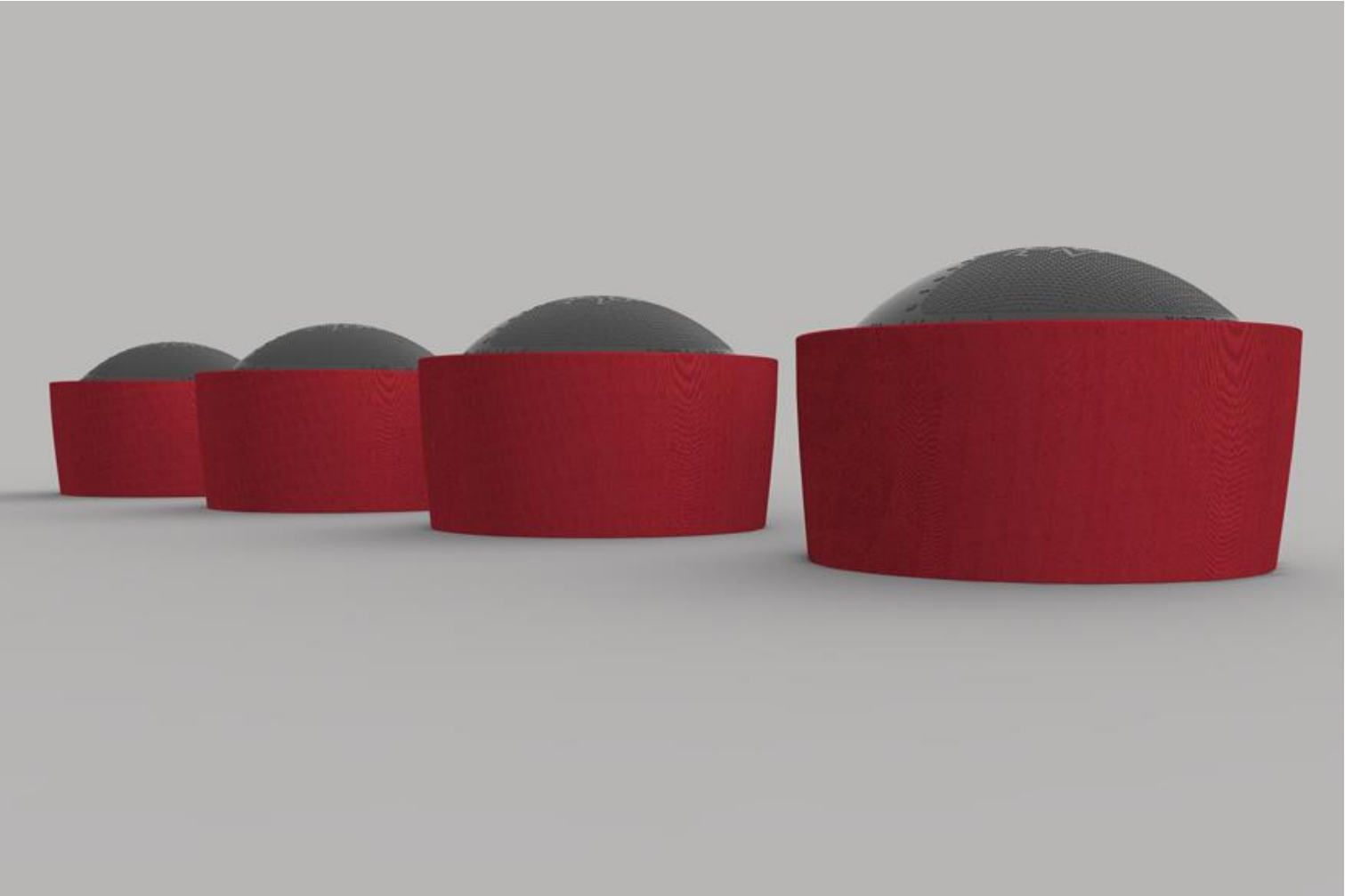
DIFFICULTY	LOCATION	FOCUS
ATHLETE	GROUND-BASED	LOWER-BODY
TEEN-ADULT		



ISLAND STEPS HIGH

Navigate this obstacle by hopping from island step to island step without falling off. This is a lower body exercise intend for younger participants.

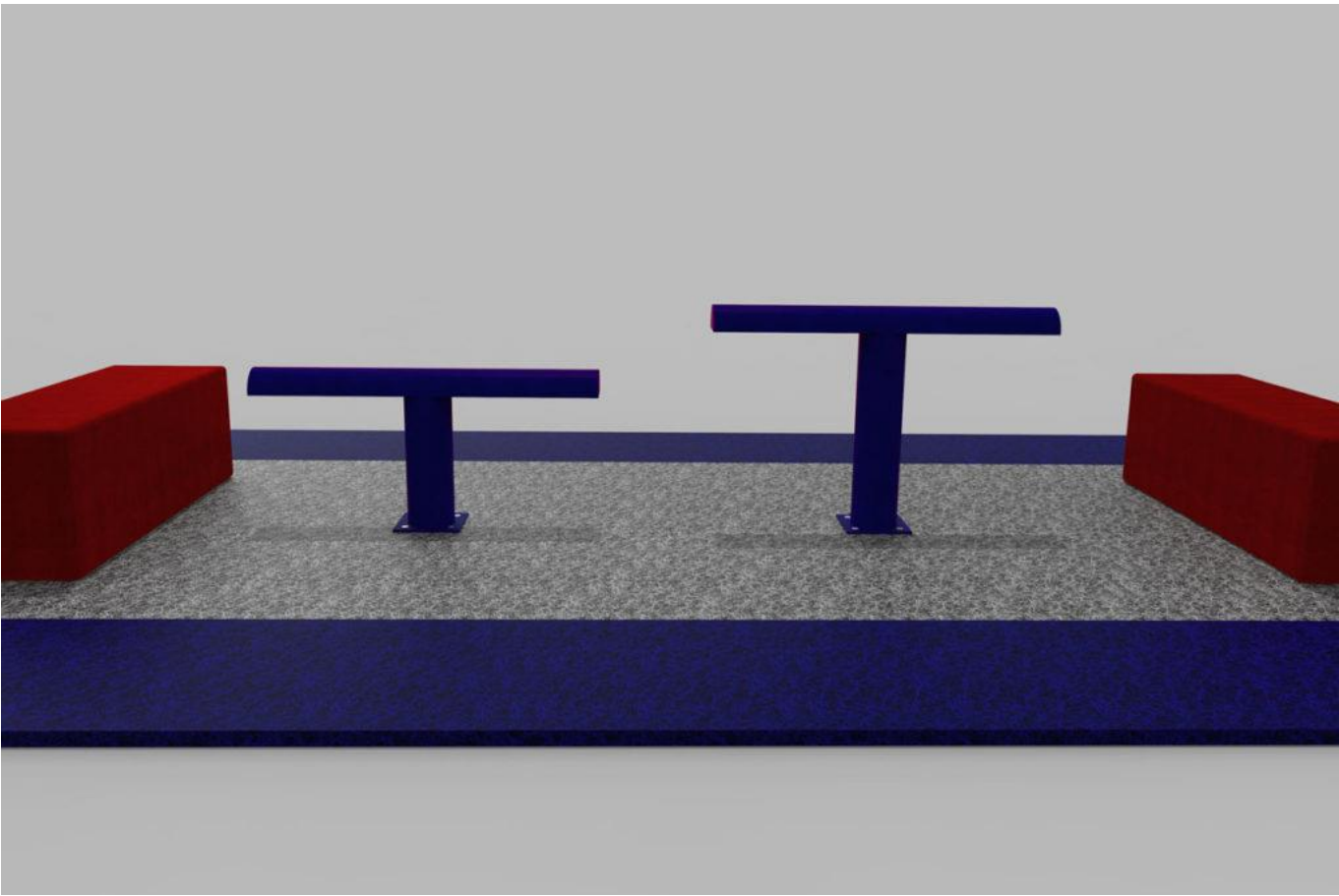
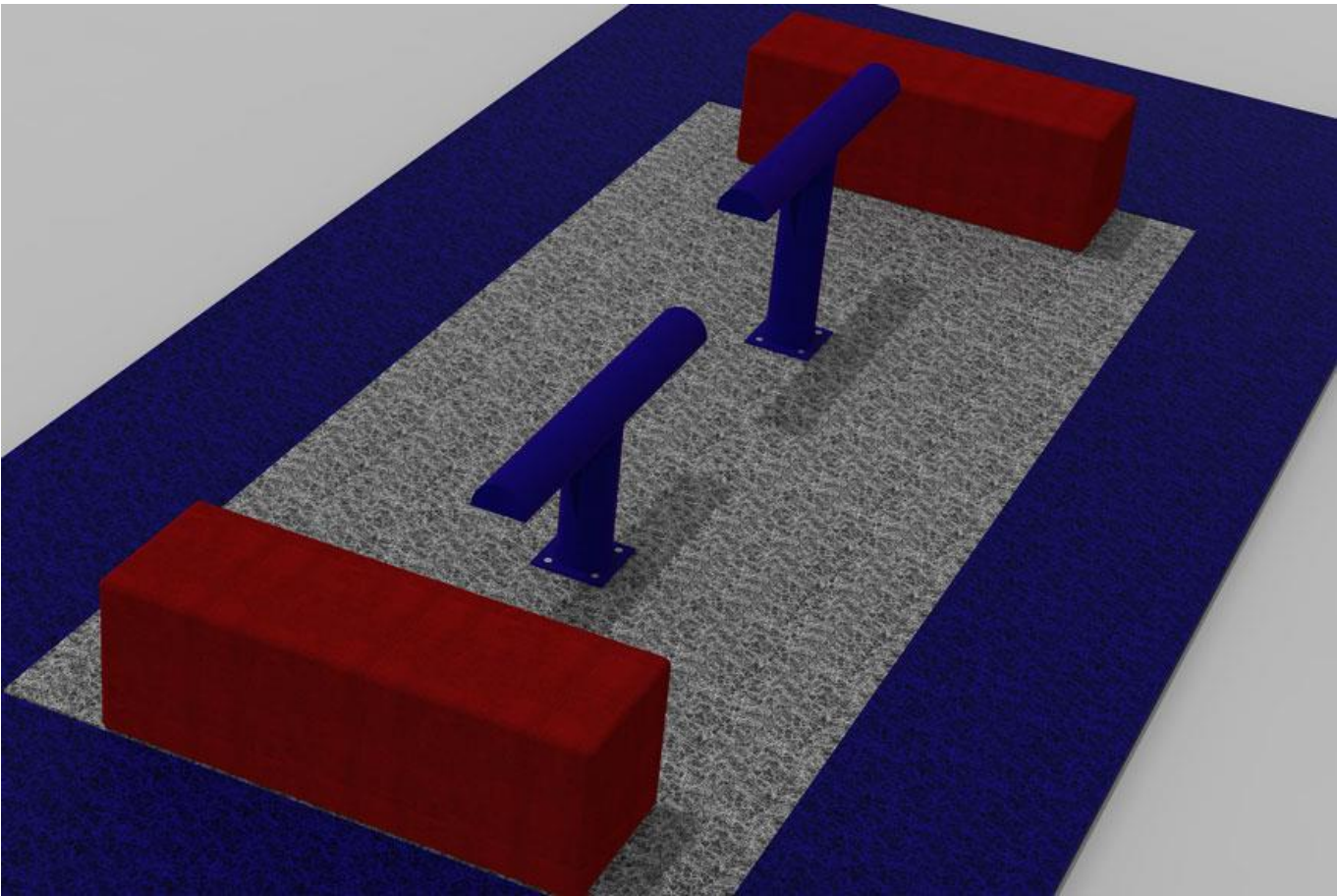
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN		BALANCE



OFFSET PADDED LOGS

Jump from the starting platform onto the first log, walk or run across it and then jump to the second log, navigate across it and then jump to the ending platform. This is an intermediate balance obstacle. The gap between the offset legs makes for an exciting change from a straight balance obstacle.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT		BALANCE



PARKOUR STEPS

Navigate these stackable blocks, jumping or stepping between them without falling to the ground. Numerous configurations allow for endless fun and targeting of specific lower body muscles.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT		



SONIC CURB

This sweeping series of steps is a test of nimbleness. Inclines keep it quick – a lack of speed may cause some tip or slip. Lean in and commit to complete this sonic swoop. Great for multi-lane courses!

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	BALANCE
TEEN-ADULT		LOWER-BODY



STEPS ASCENDING

Similar to steps at even elevation, participants leap in a zigzag pattern from step to step. Unique to this element, however, is the act of ascending – each step is six inches higher than the last. Ultimately, participants finish with a precision jump to a three foot box step.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT		BALANCE
ATHLETE		



STEPS GROUND TO BOX

For this iteration of the steps, participants land on a ramp up to a box step. Leaping in a zigzag pattern from step to step, participants weave their way across the space. Using continuous flow from start to finish is best, but less experienced users can take it slower by hopping to each step, stabilizing themselves, and then continuing to the next one. This element emphasizes lower body strength and good foot work.

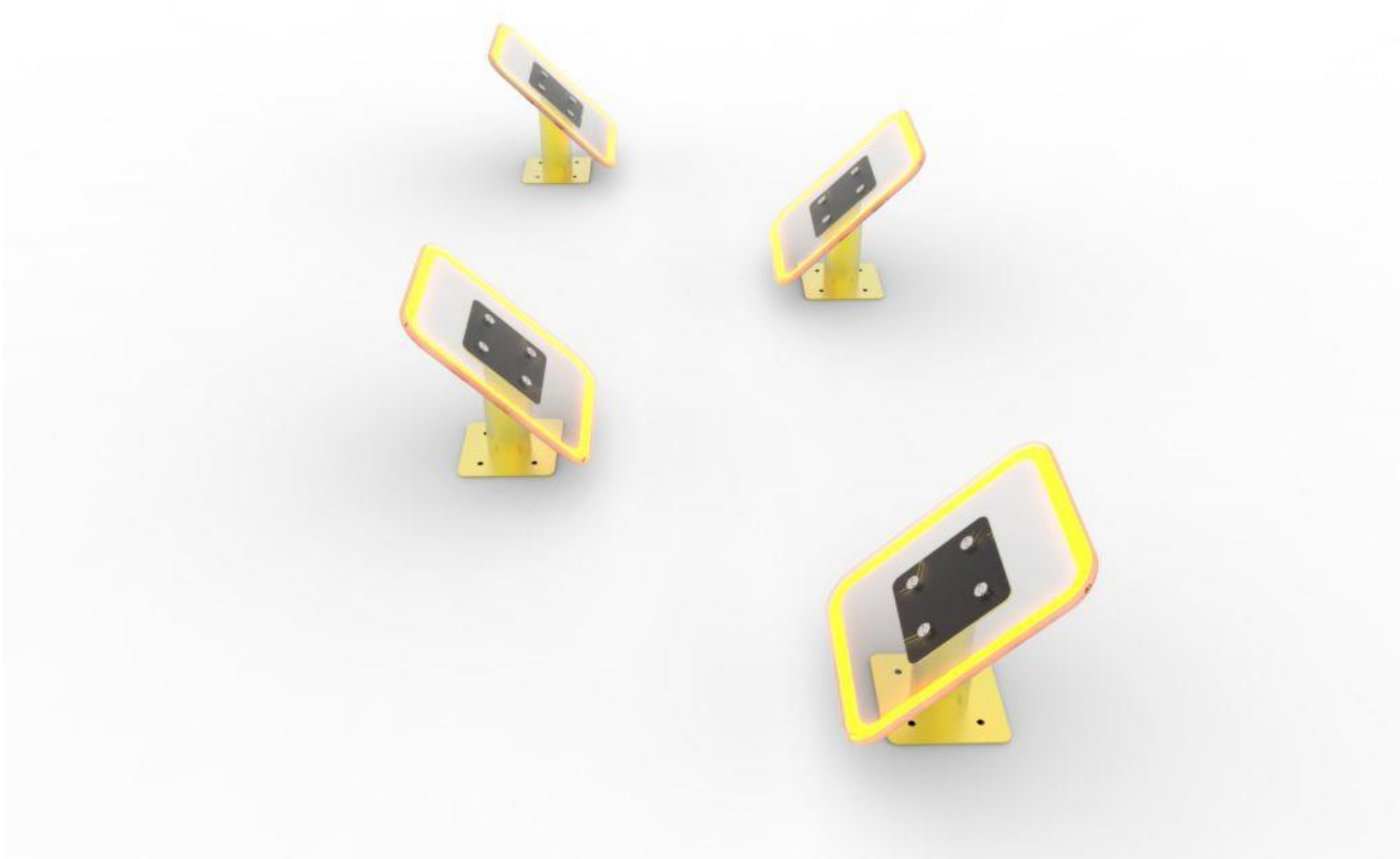
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT		BALANCE
ATHLETE		



STEPS GROUND TO GROUND

Participants leap in a zigzag pattern from the starting point to each of the steps until they reach the end. Using continuous flow from start to finish is best, but less experienced users can take it slower by hopping to each step, stabilizing themselves, and then continuing to the next one. Utilizes lower body strength and good foot work.

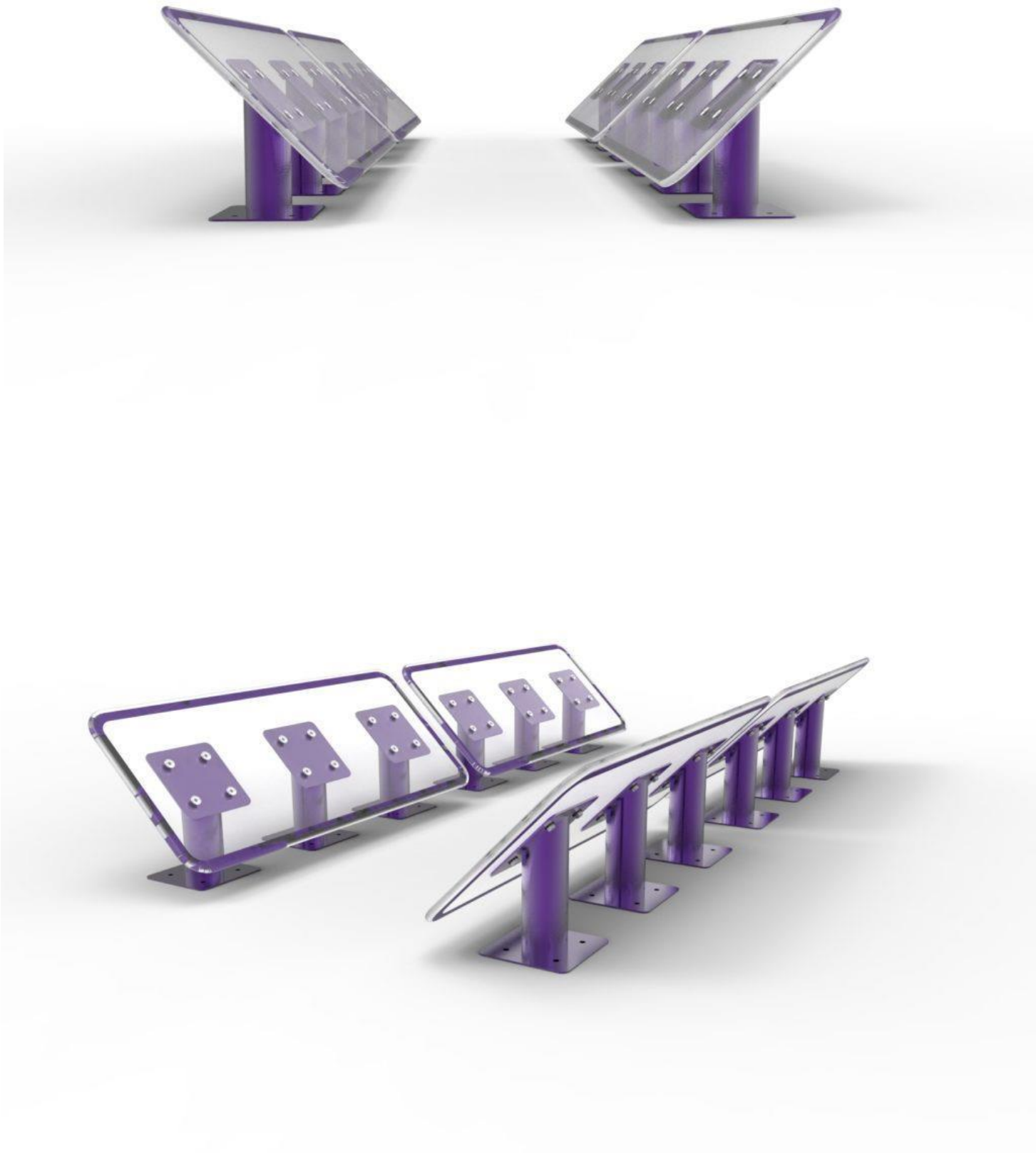
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT		
ATHLETE		



STEPS V-CHANNEL

A great option for kids, the V-channel steps allow users to bounce between each angled plane at their own pace and stride.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN - ADULT		BALANCE



STEPS ADJUSTABLE

Leap from the starting point to the first step and then immediately leap to each of the remaining steps in a zigzag pattern, and finish by leaping to the ending platform. This obstacle relies on lower body strength and good foot work. Also the difficulty can be increased or decreased by adjusting the steps as desired.

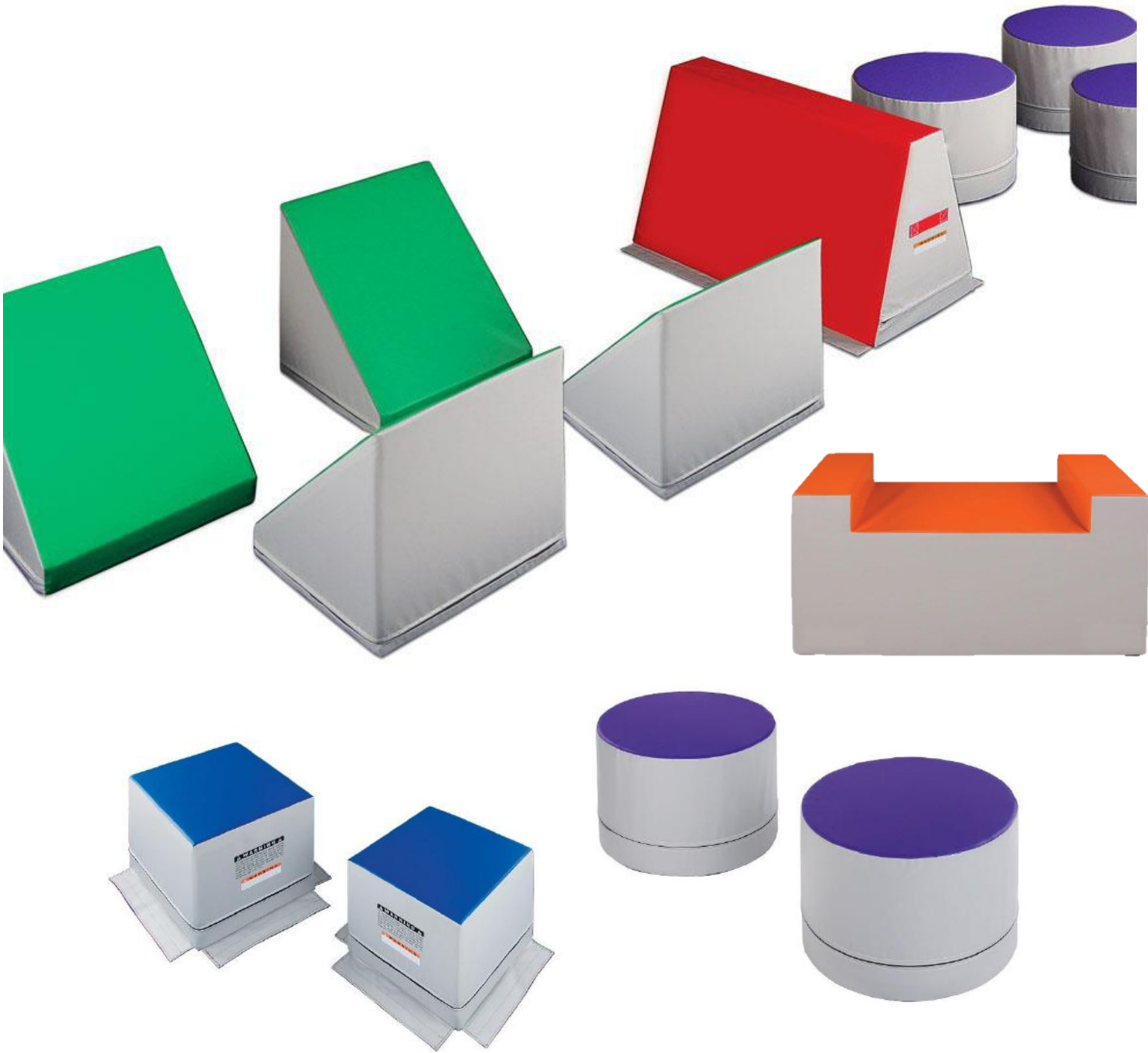
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT	ELEVATED	BALANCE
ATHLETE		



KIDS SOFT PLAY

Participants can run, jump, and climb across these foam padded obstacles in whatever configuration you choose. Each component attaches to the base with Velcro and can be easily adjusted quickly as needed. This is intended for younger participants as a introduction to the more complicated obstacles.

DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY





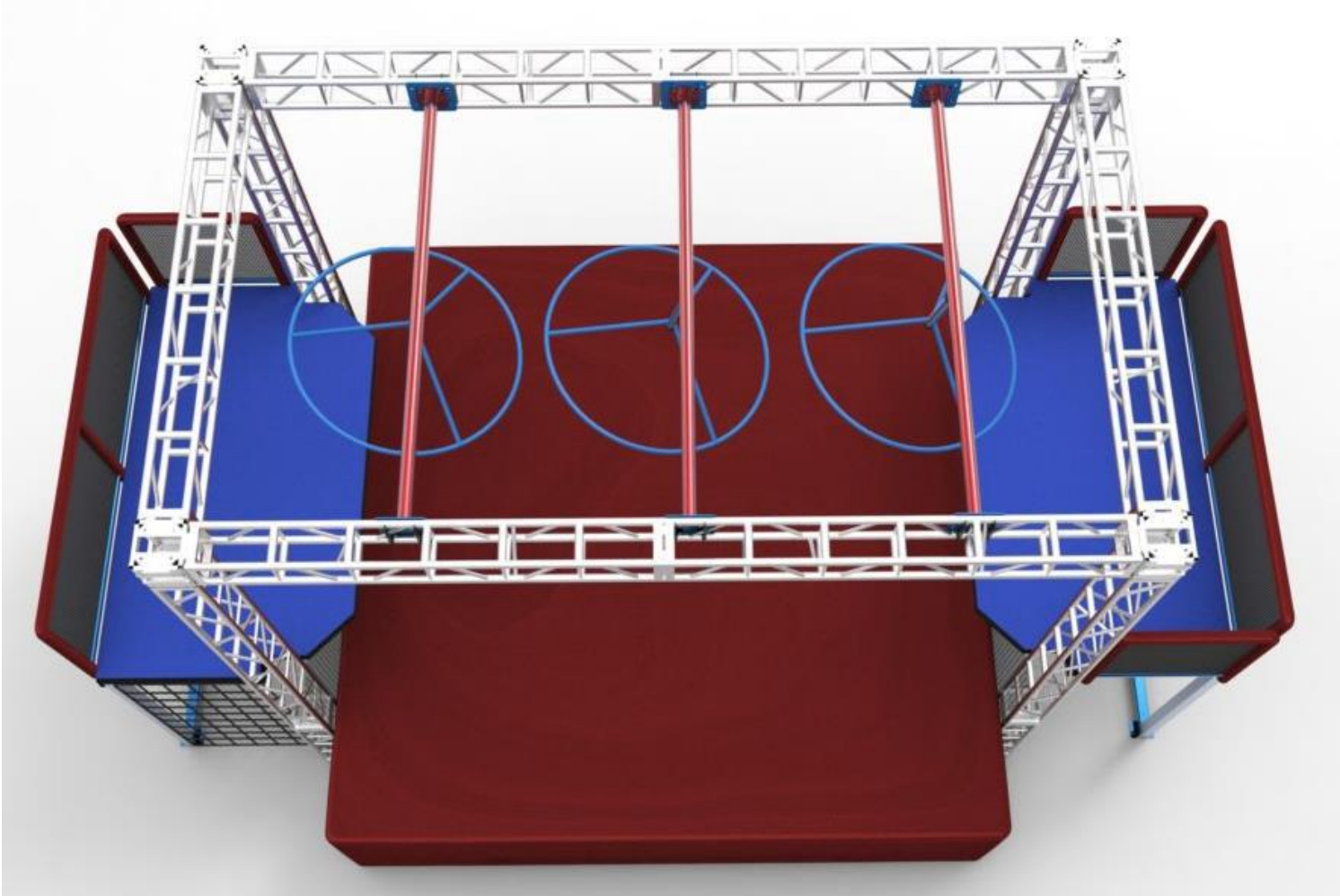
FRAME-BASED ELEMENTS



BASKETS - LARGE

Participants can get rotationally rowdy with the large spinning wheels. Users grab the five foot hoops, either opting to pause at low points or hop between wheels in continuous flow. The angle of each wheel can be adjusted individually, from flat to steep – switch up the course every so often to challenge and intrigue experienced ninjas.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	ELEVATED	BALANCE
TEEN-ADULT	FRAME-BASED	UPPER-BODY



CAMELBACK

Athletes must climb along these parallel bars, navigating its gentle but challenging slopes to reach the distant platform. It requires arm and grip strength, as well as lower body for mounting and dismounting.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	ELEVATED	UPPER-BODY
	FRAME-BASED	



CANNONBALL ALLEY

Athletes must grip and swing from cannonball to cannonball and then finally to the distant platform. It requires upper body and grip strength, as well as a bit of lower body for mounting and dismounting.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	ELEVATED	UPPER-BODY
	FRAME-BASED	



CARGO TUBE NET

Grab and climb the first hanging net and then navigate around the tube, climbing as high or low up the net as desired. Then transfer to the next one and repeat. After climbing around the last net dismount by jumping or stepping down. This is an intermediate upper body workout, however the longer you are entangled on the net the harder it is on the muscles.

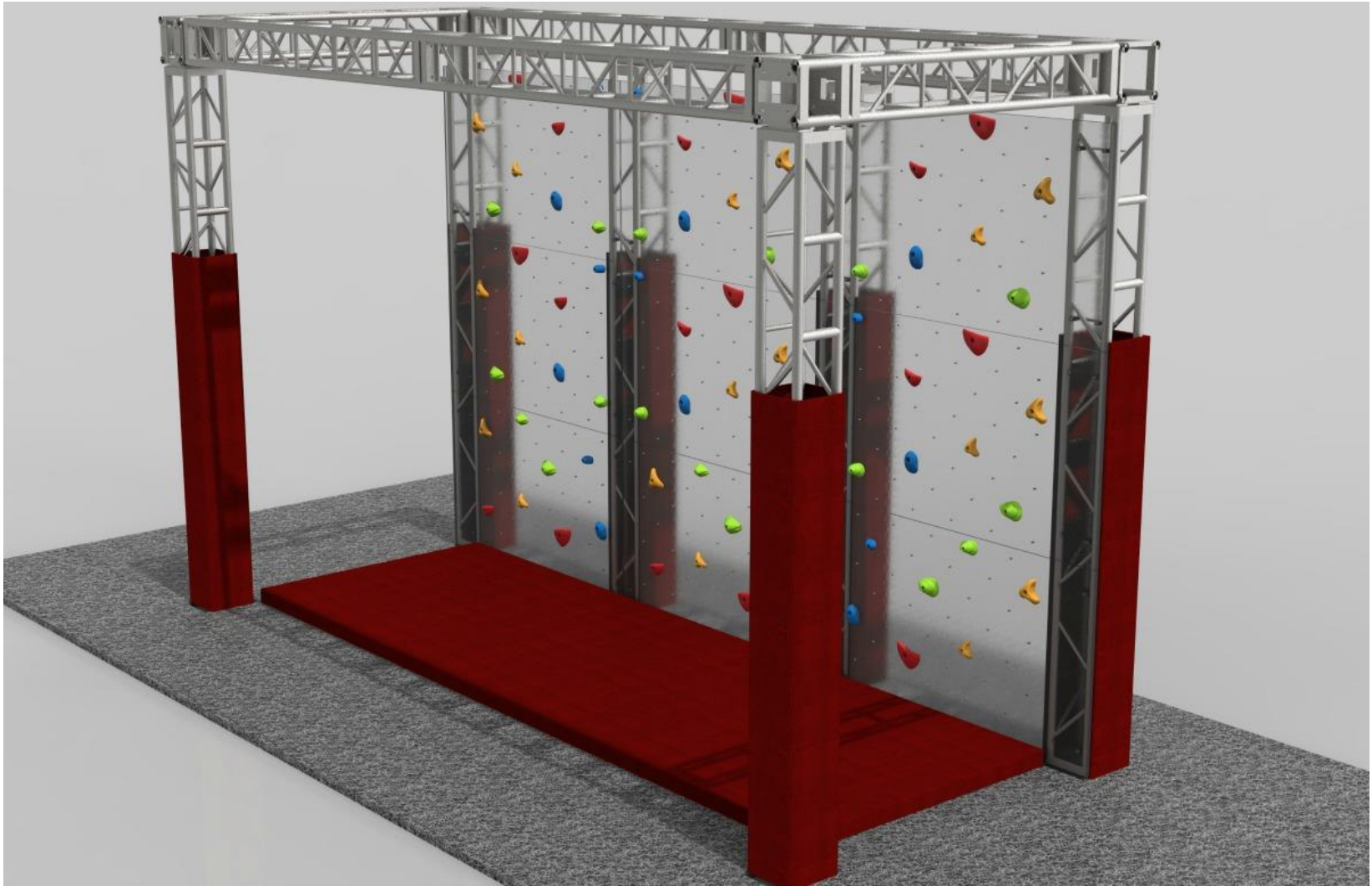
DIFFICULTY	LOCATION	FOCUS
KID	ELEVATED	UPPER-BODY
TEEN-ADULT	FRAME-BASED	LOWER-BODY



CLIMBING WALL

Use the climbing holds to scale across each of panels, navigating the gaps, and not touching the ground or support structure. This obstacle may be configured with various paths or ledges at various angles, allowing participant to choose their path. This is an intermediate to advance climbing obstacle requiring upper body and grip strength.

DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	UPPER-BODY
ADULT-ATHLETE	FRAME-BASED	LOWER-BODY



ZIPLINE

Hang on and launch forward to soar across to the other side! Participants must not touch any pads or foam along the way. This obstacle requires upper body to support participant’s body weight because there is no harness.

DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	UPPER-BODY
ADULT-ATHLETE	FRAME-BASED	
	ELEVATED	



UNSTABLE BRIDGE

An upper body and grip strength challenge! Athletes must grip the sides of the first bridge and then kip their body to hop their hands forward until reaching the end of the first bridge. From there, they must swing their body and the bridge to make a successfully transfer to the second bridge. Then more kips and shuffling along until they are close enough to swing for the dismount or to reach the next component.

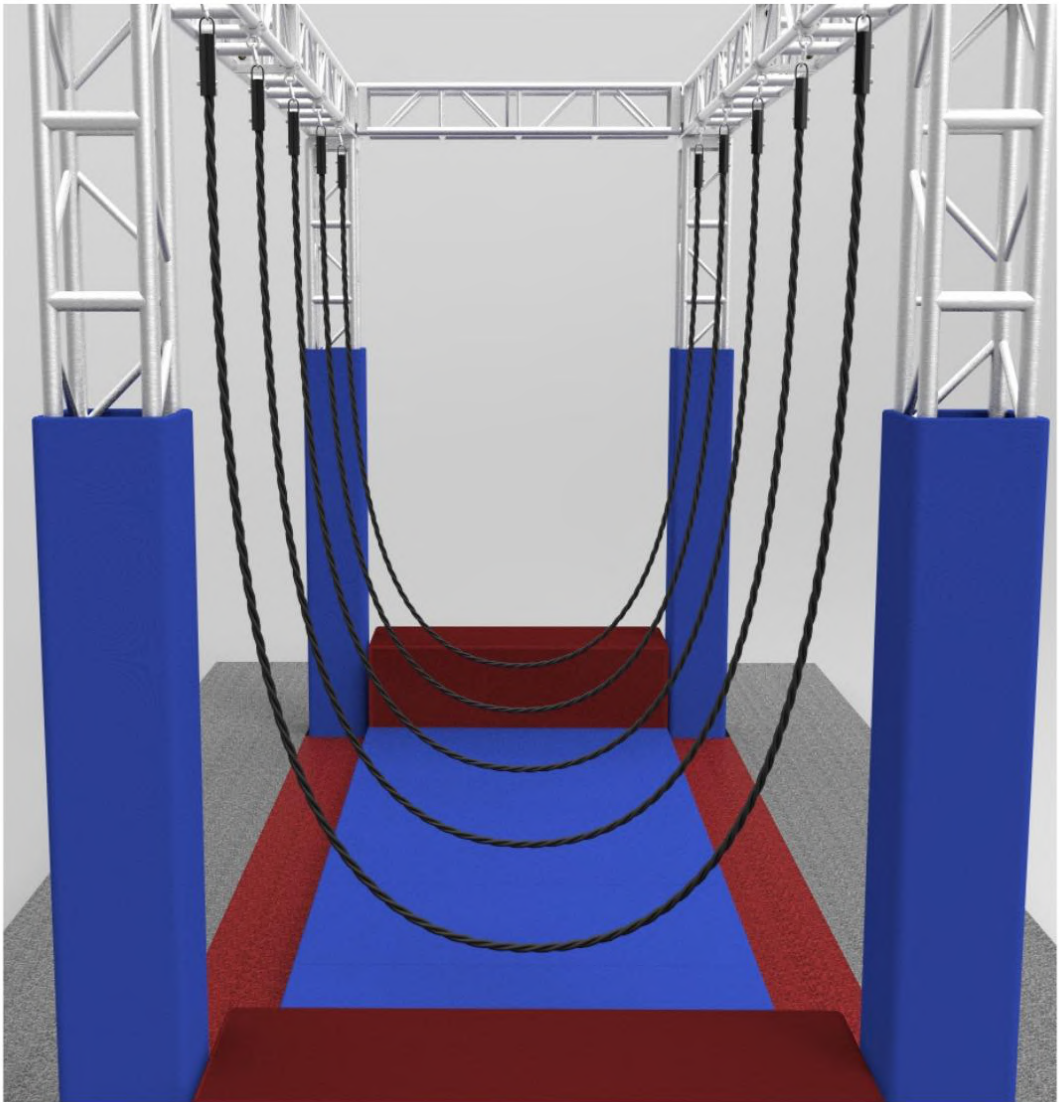
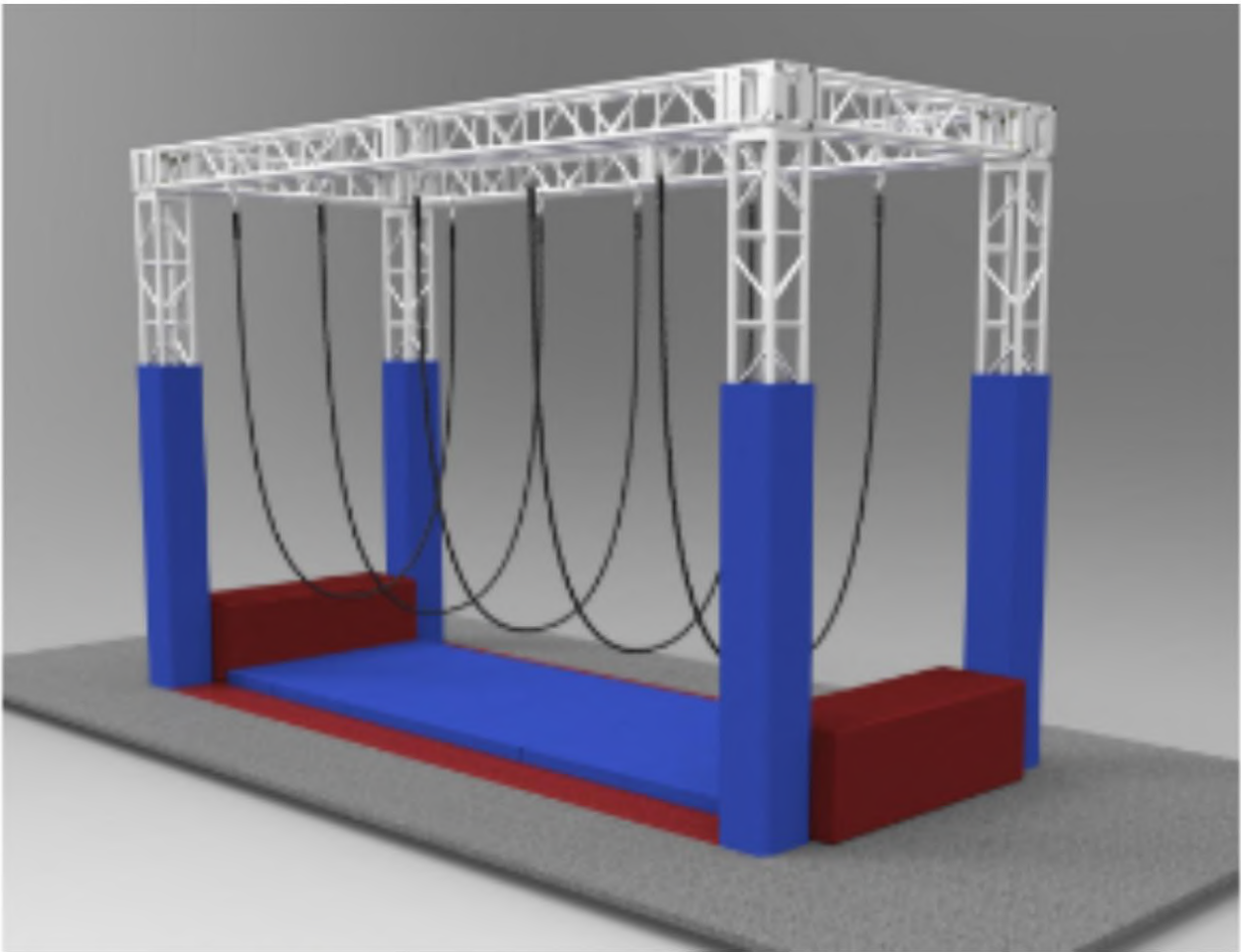
DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	UPPER-BODY
ADULT-ATHLETE		LOWER-BODY



U-ROPE WALK

Walk or run across this “bridge” of ropes. Each one dips and swings as users step across, making the full traverse of this element a fundamental feat of balance.

DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	BALANCE
ADULT-ATHLETE		LOWER-BODY



CLIMBING WALL — ADJUSTABLE OVERHANG

Participants must climb horizontally across multiple climbing walls, navigating the different angles and/or color coded paths (depending on configuration). This component requires upper body strength, increased flexibility and bouldering experience.

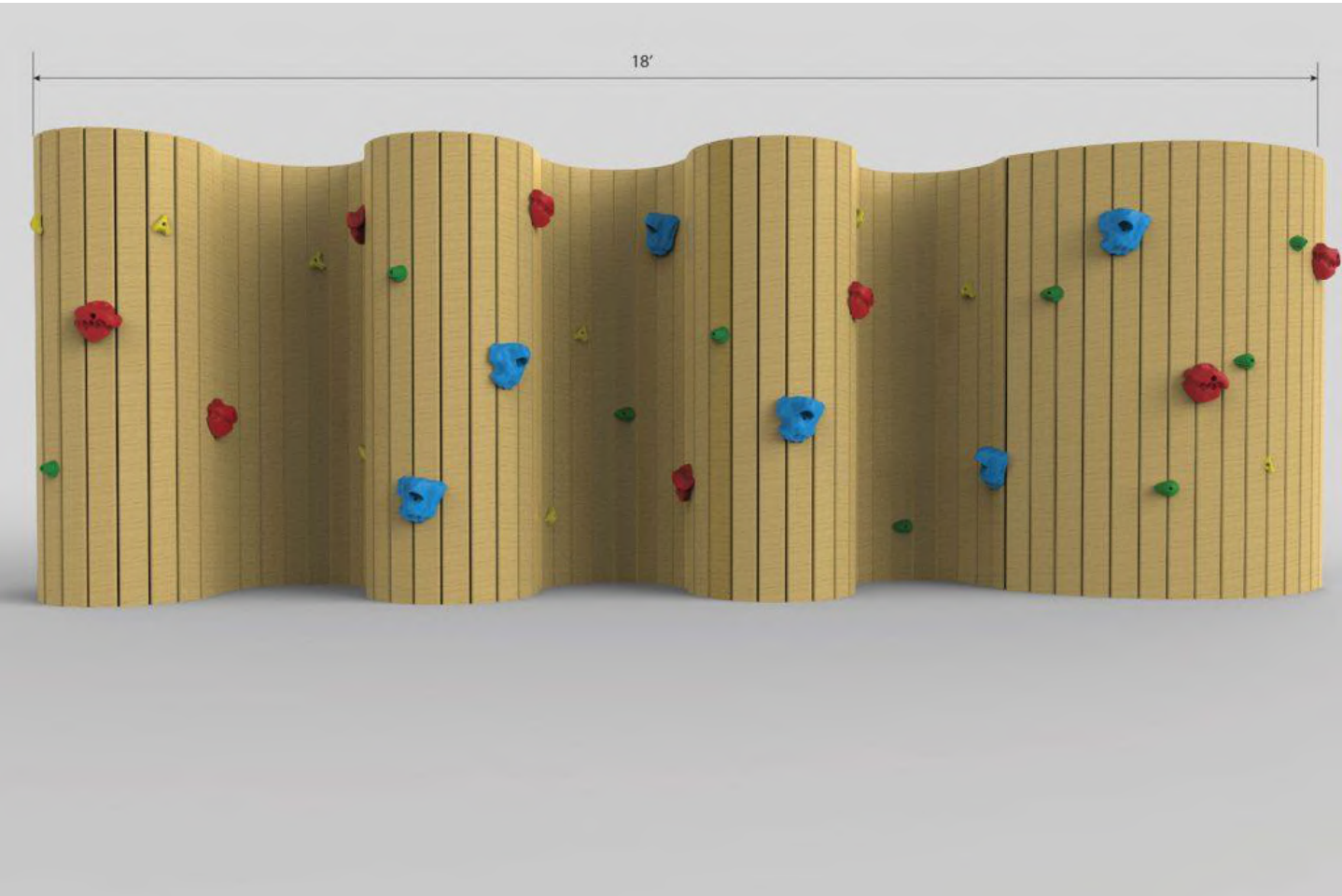
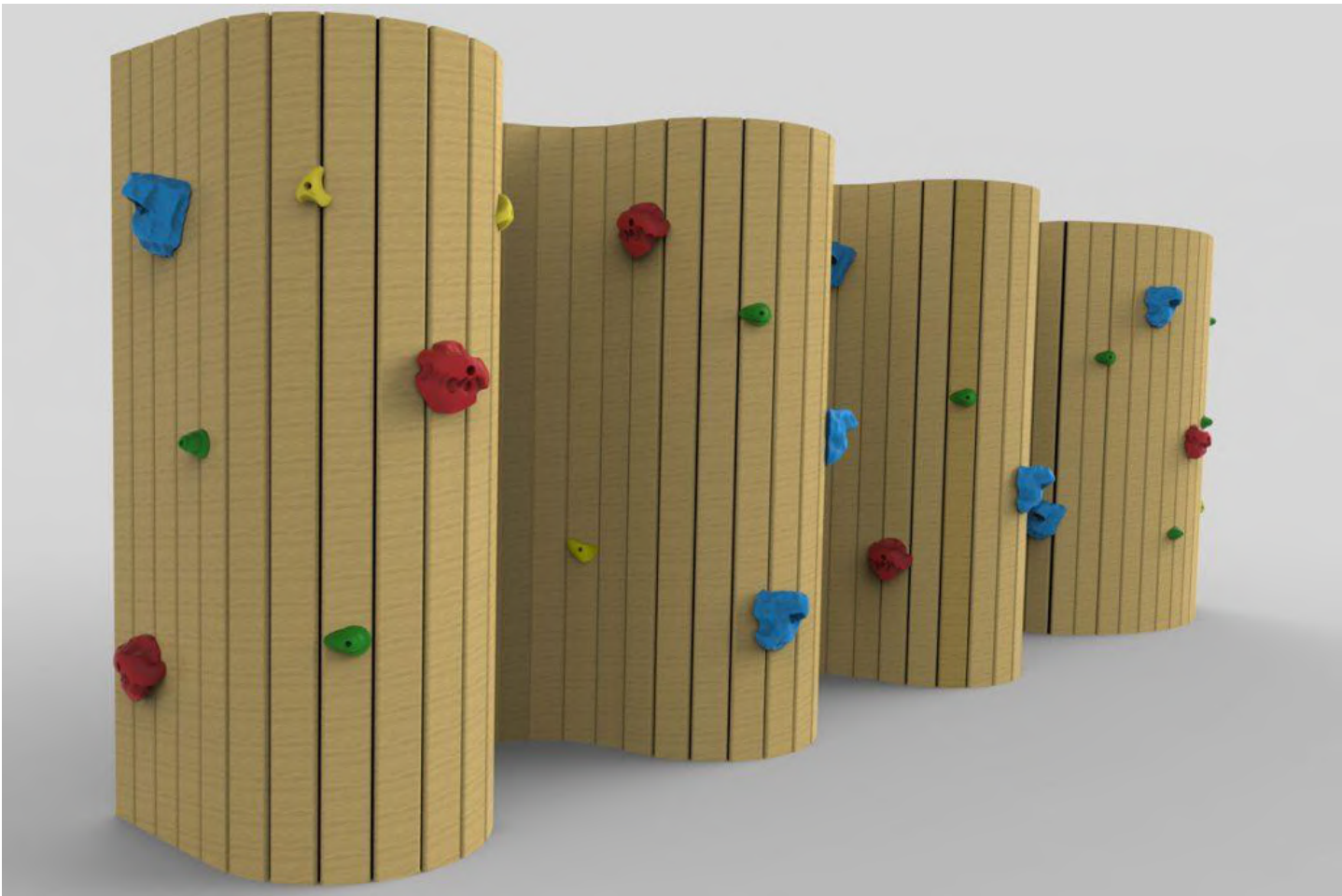
DIFFICULTY	LOCATION	FOCUS
KID-TEEN	ELEVATED	UPPER-BODY
ADULT-ATHLETE	FRAME-BASED	LOWER-BODY



CLIMBING WALL - WAVE

Participants climb horizontally along this winding wall. Various colored climbing paths, changeable holds, and climbing techniques can enable endless challenges. Participants can climb tight to the waves, or skip sections by stretching across gaps. Climbing experience is a plus, but not required for this upper body workout.

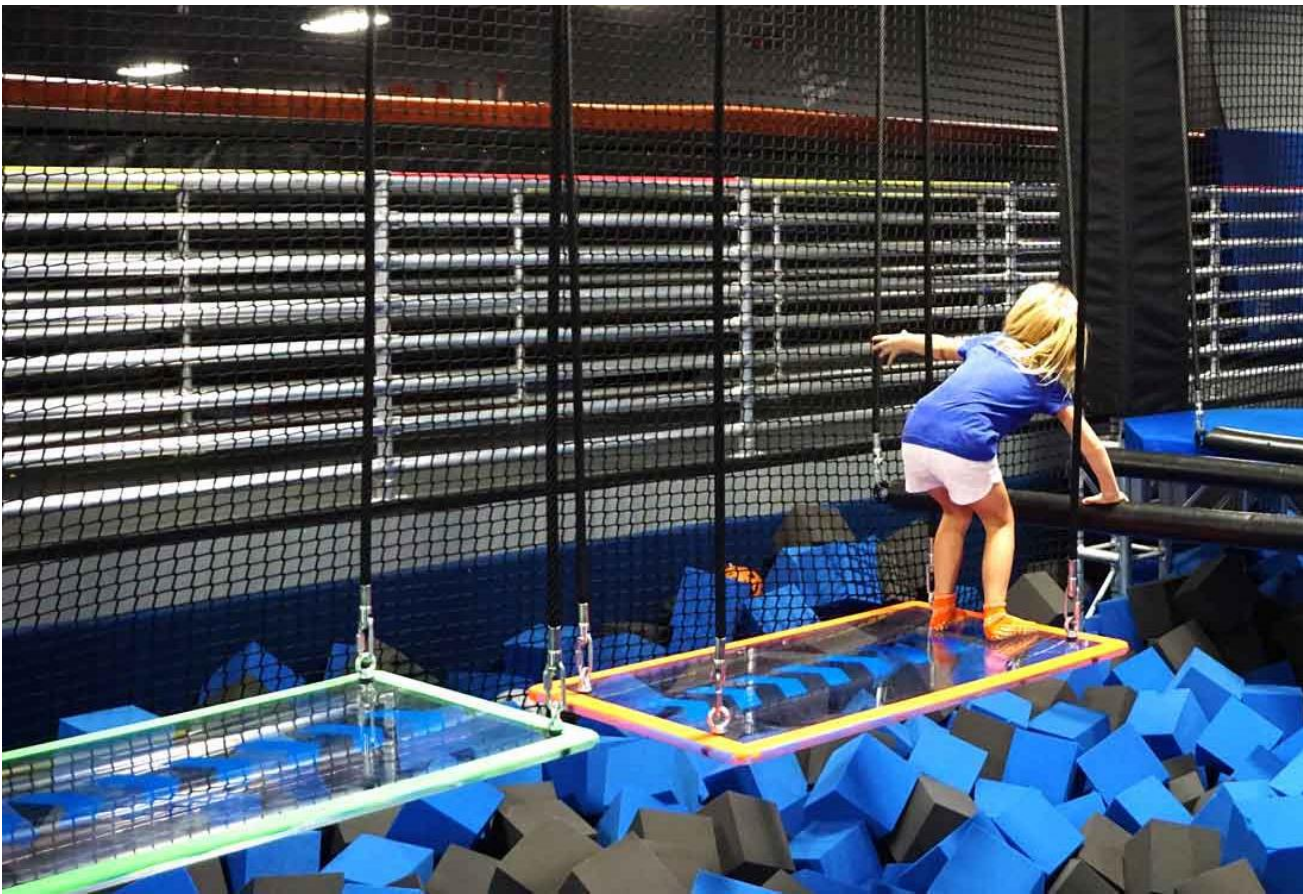
DIFFICULTY	LOCATION	FOCUS
KID-TEEN	GROUND-BASED	UPPER-BODY
ADULT-ATHLETE	FRAME-BASED	LOWER-BODY



FLOATING BRIDGE

Participants must maintain their balance as they walk across each of the bridges. For increased difficulty participants may choose to avoid grabbing the ropes. This is primarily a lower body exercise, but it will engage core muscles as well.

DIFFICULTY	LOCATION	FOCUS
KID-TEEN	ELEVATED-BASED	LOWER-BODY
ADULT	FRAME-BASED	



FLYING BAR

Athletes must grip the bar and launch it to each successive set of landing pads, being careful to not under or overshoot the landings. Requires upper body and core strength.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY



SLIDE

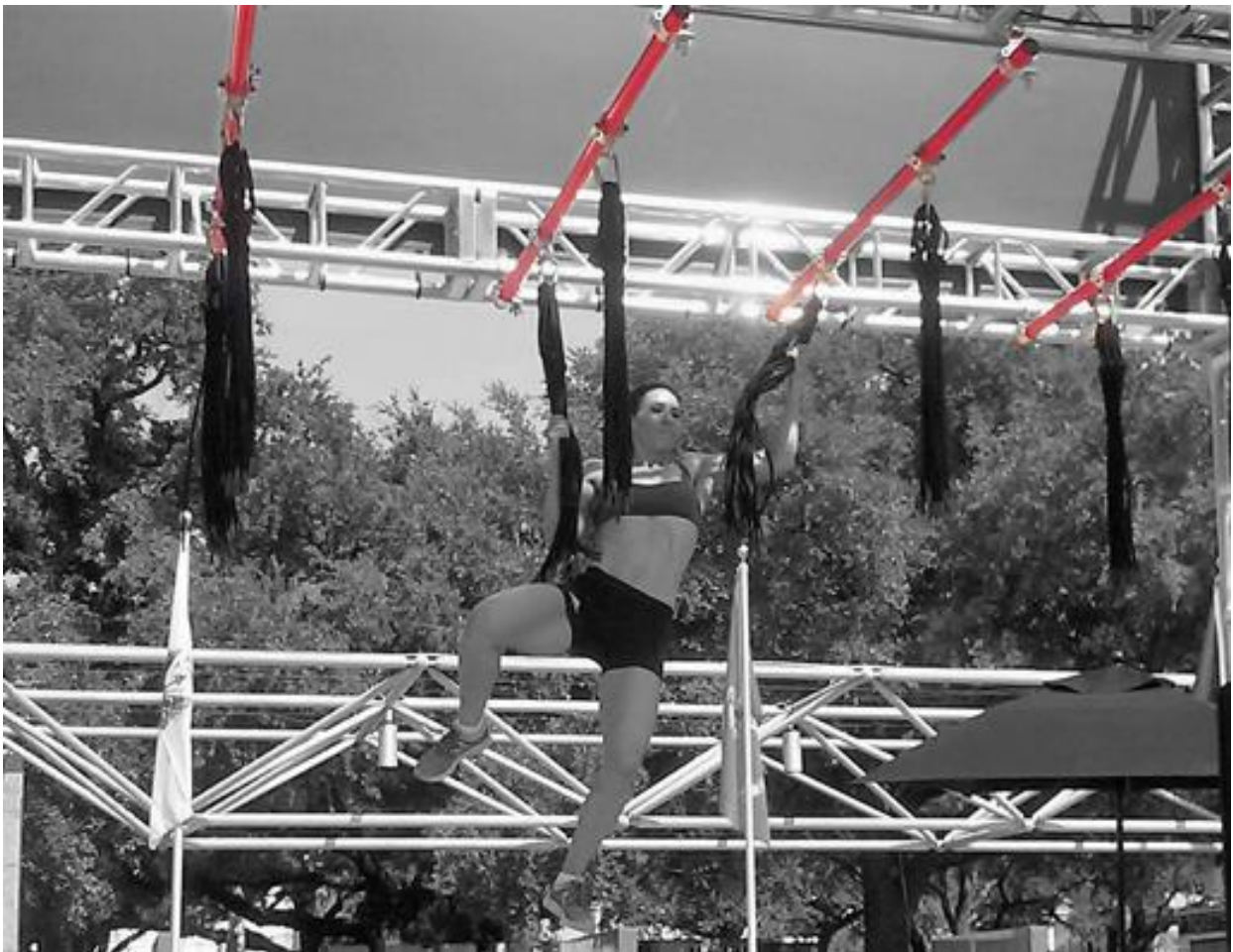
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	



HANGING BUNGEE ROPES

Anticipate the stretch as you grasp these ropes and climb across. Participants can generate momentum to swing from rope to rope or climb dead hang style. This component requires upper body strength, grip strength, and core muscles when swinging.

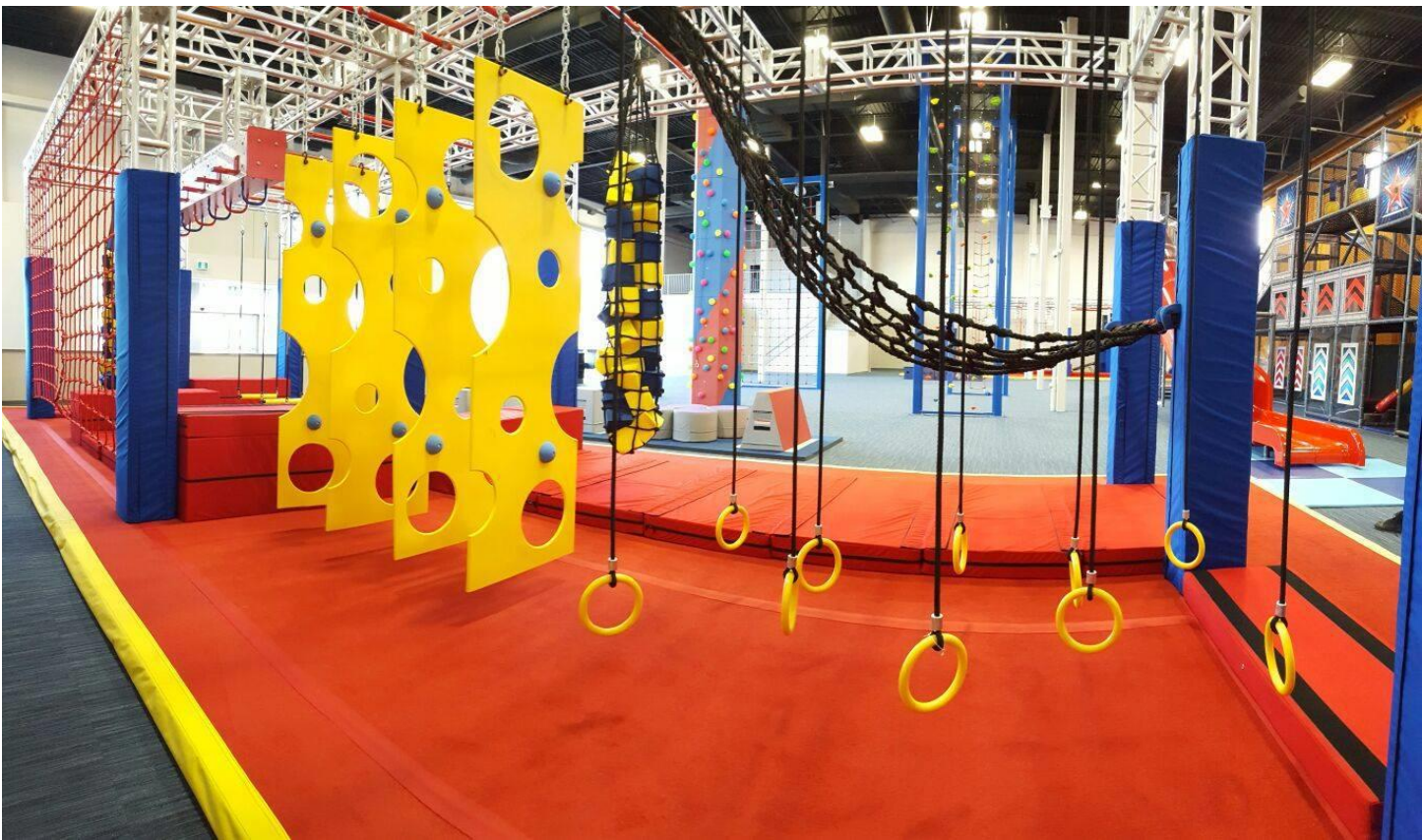
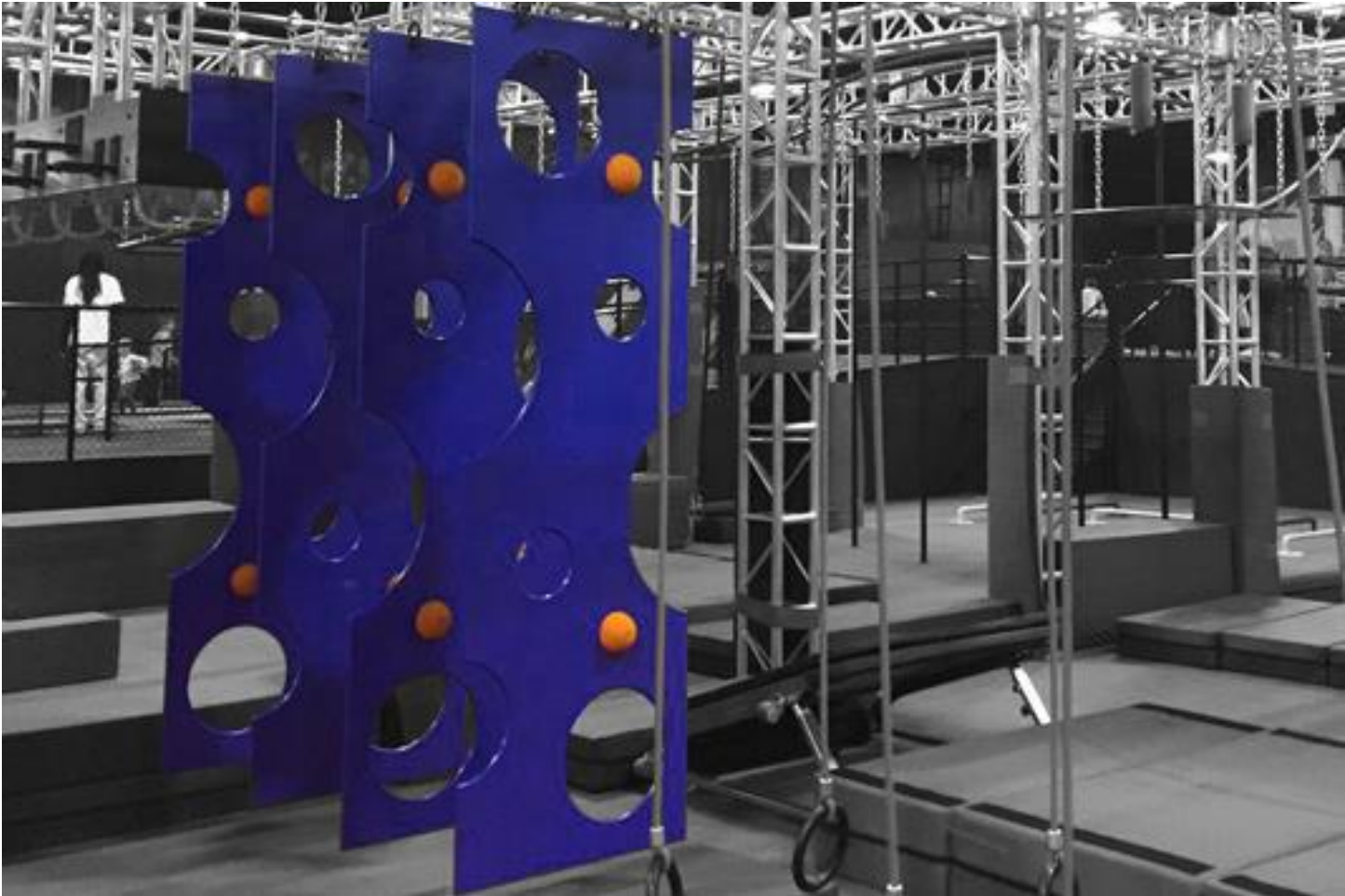
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT	ELEVATED	GRIP STRENGTH



HANGING DOORS

Participants must climb from door to door using the various cut-outs or hand holds, and without touching the ground. Requires upper and lower body strength.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	LOWER-BODY



HANGING DOORS - ADVANCED

Athletes climb from door to door gripping the side with their hands, and clenching the bottom of the door between their feet. They must secure a hold on each successive door with their hands before advancing their feet and they must not touch the ground. This is an intensive upper and lower body workout based on the style of climbing utilized.

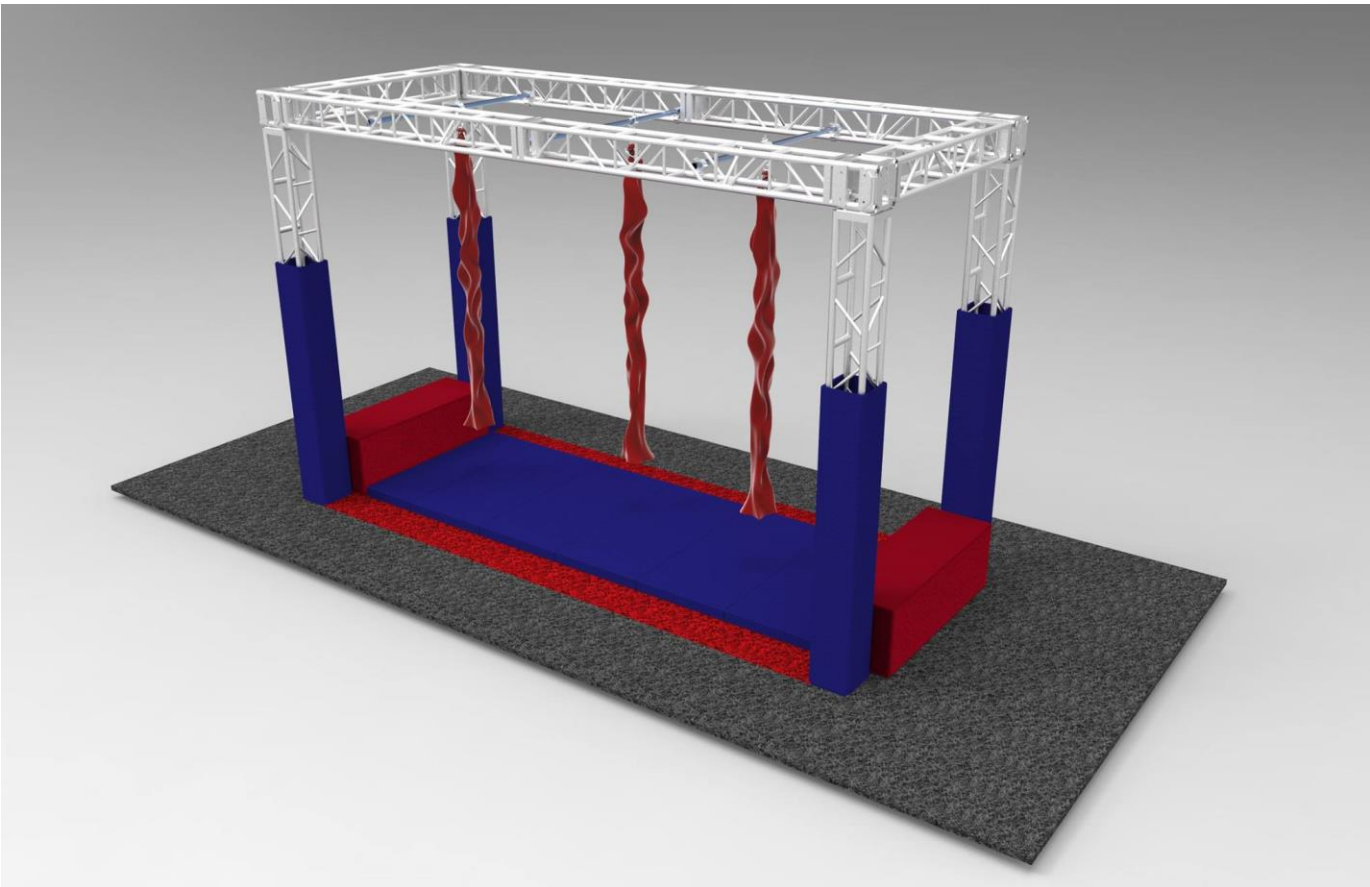
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT	ELEVATED	LOWER-BODY



HANGING SILKS

Train like a circus performer with these hanging silks. Participants dance across the space, grasping and wrapping with any and all appendages.

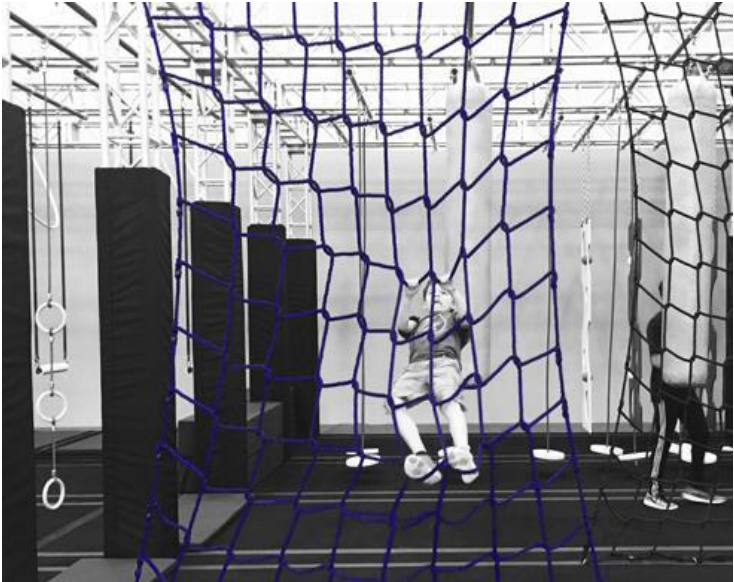
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH



HORIZONTAL CARGO NET

Grab the netting and climb across sideways using hands and feet without touching the ground. This component may be coupled with other components or more nets like it, so then transfer to whatever comes next. By itself this component is a beginner upper and lower body workout, but could be intermediate or advanced depending on the actual configuration.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT		LOWER-BODY



HORIZONTAL TUBE NET

Get down low and crawl through this suspended tunnel as fast as you can, just don't get tangled or lose a shoe. This component utilizes upper and lower body muscles.

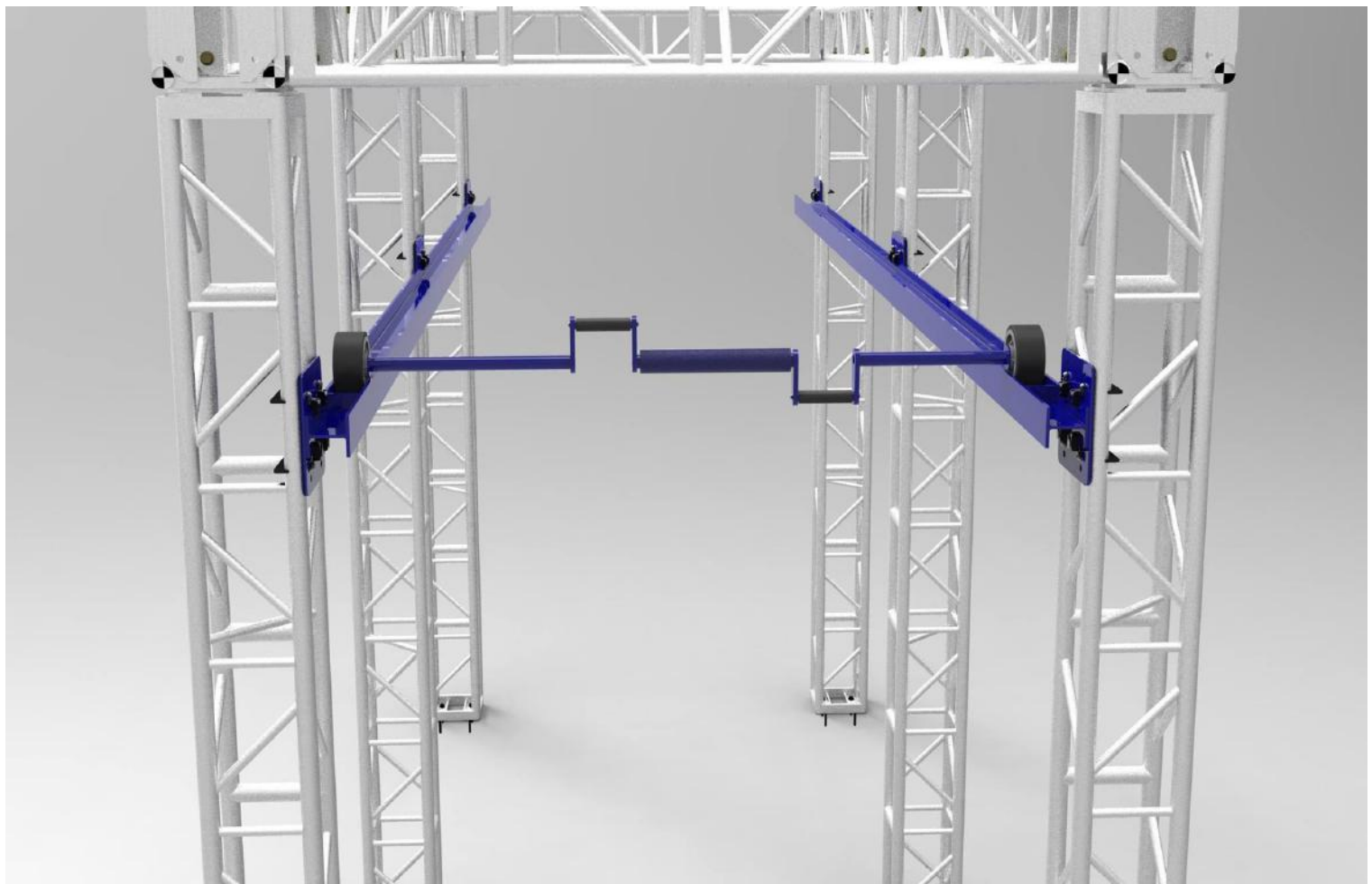
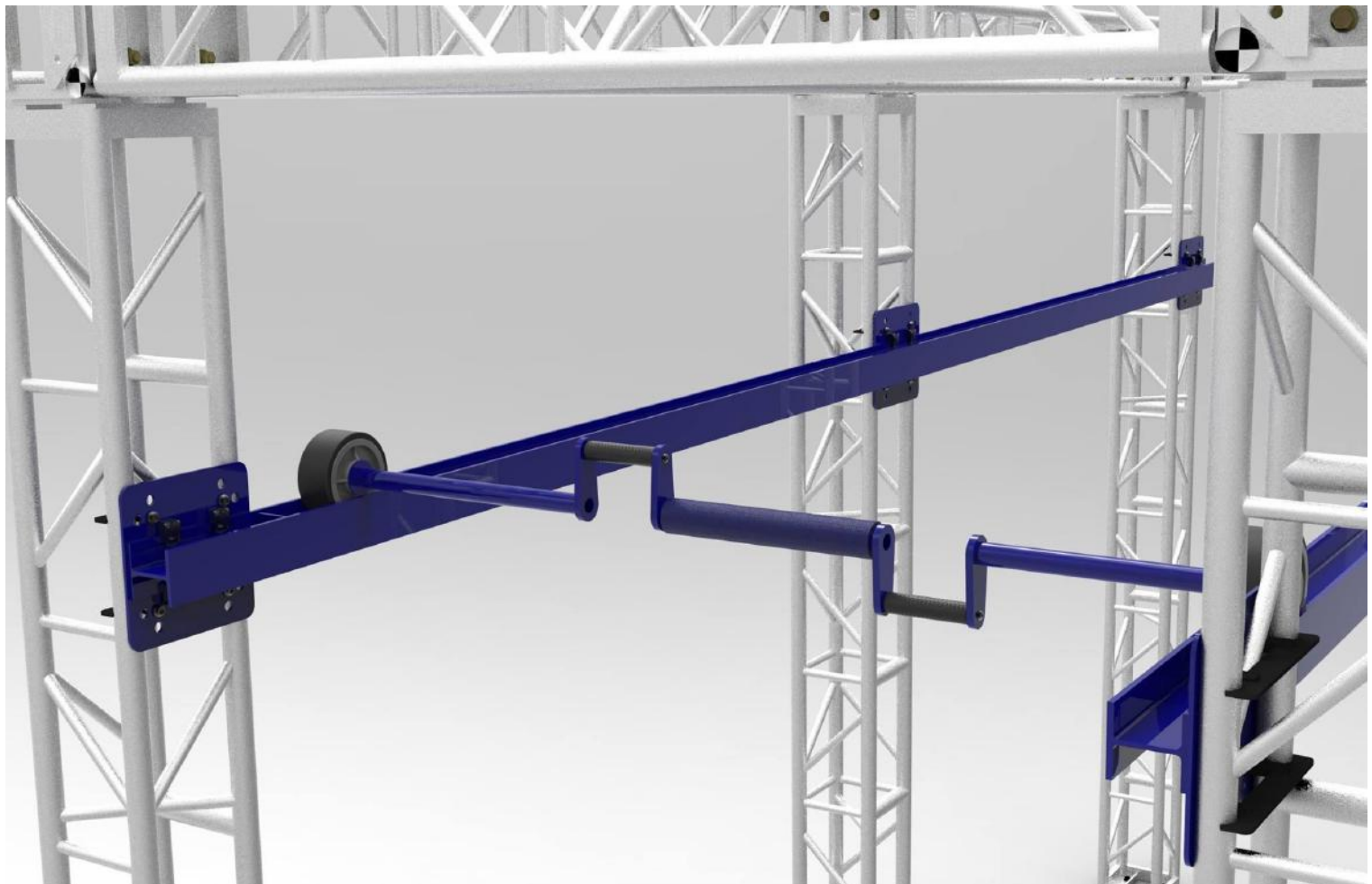
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT		LOWER-BODY



IRON PADDLER

Using a padded bar for stomach support, participants make their way across space. This ferrous form of bike is meant for hands, not feet.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
	ELEVATED	GRIP STRENGTH



JUMP TO CARGO NET

Participants must launch off the angled trampoline and launch across the gap far enough to grab a hold of the cargo net and then climb down and under it without touching the ground. This obstacle utilized lower body for the jump, and mainly upper body for the climb.

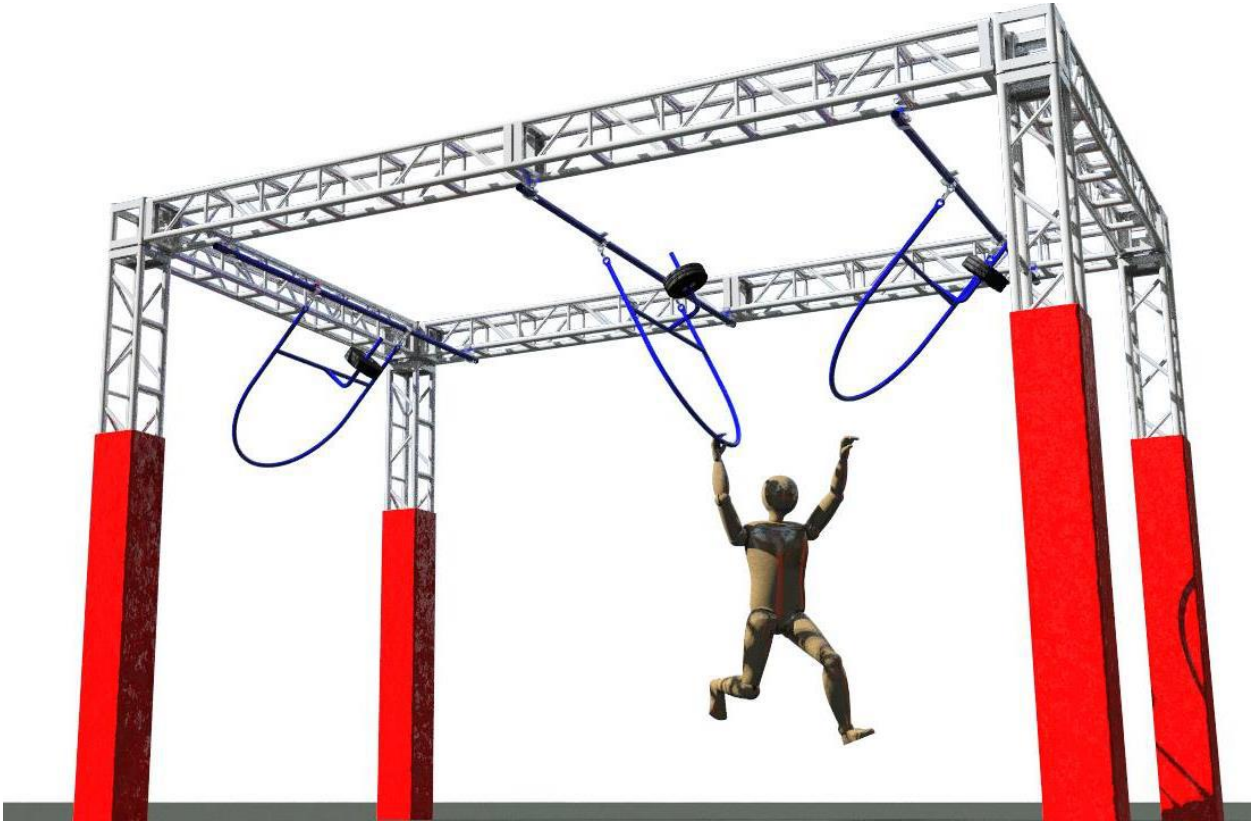
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	LOWER-BODY
TEEN-ADULT		UPPER-BODY



JUNGLE SWINGS

Jump and grab the first swing, then use your momentum to either launch yourself far enough to let go with both hands and grab the next swing, or to reach with one hand and then transfer the second hand. Repeat your chosen method for each remaining swing and then finally launch yourself to the ending platform. Upper body and core muscles are utilized for this obstacle.

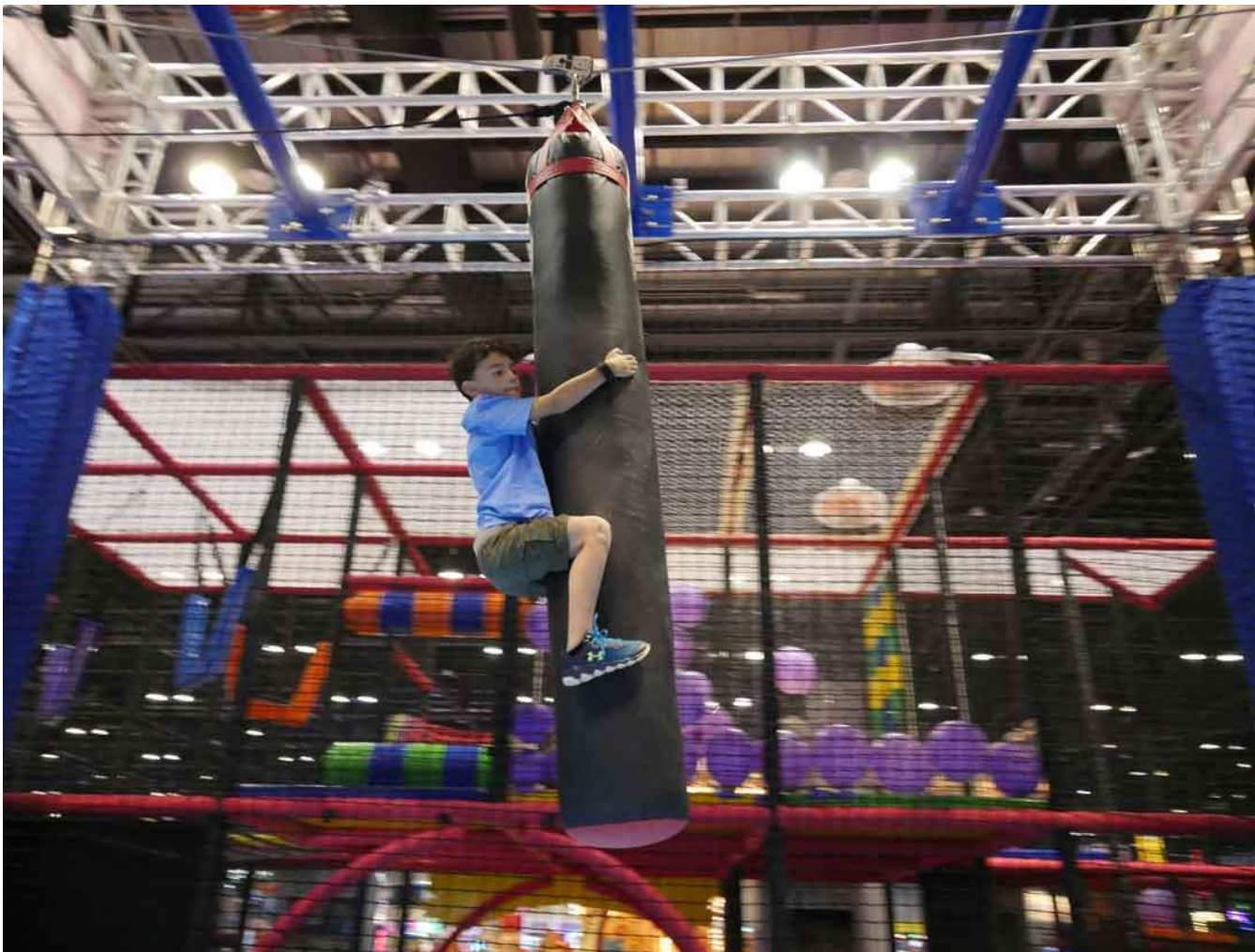
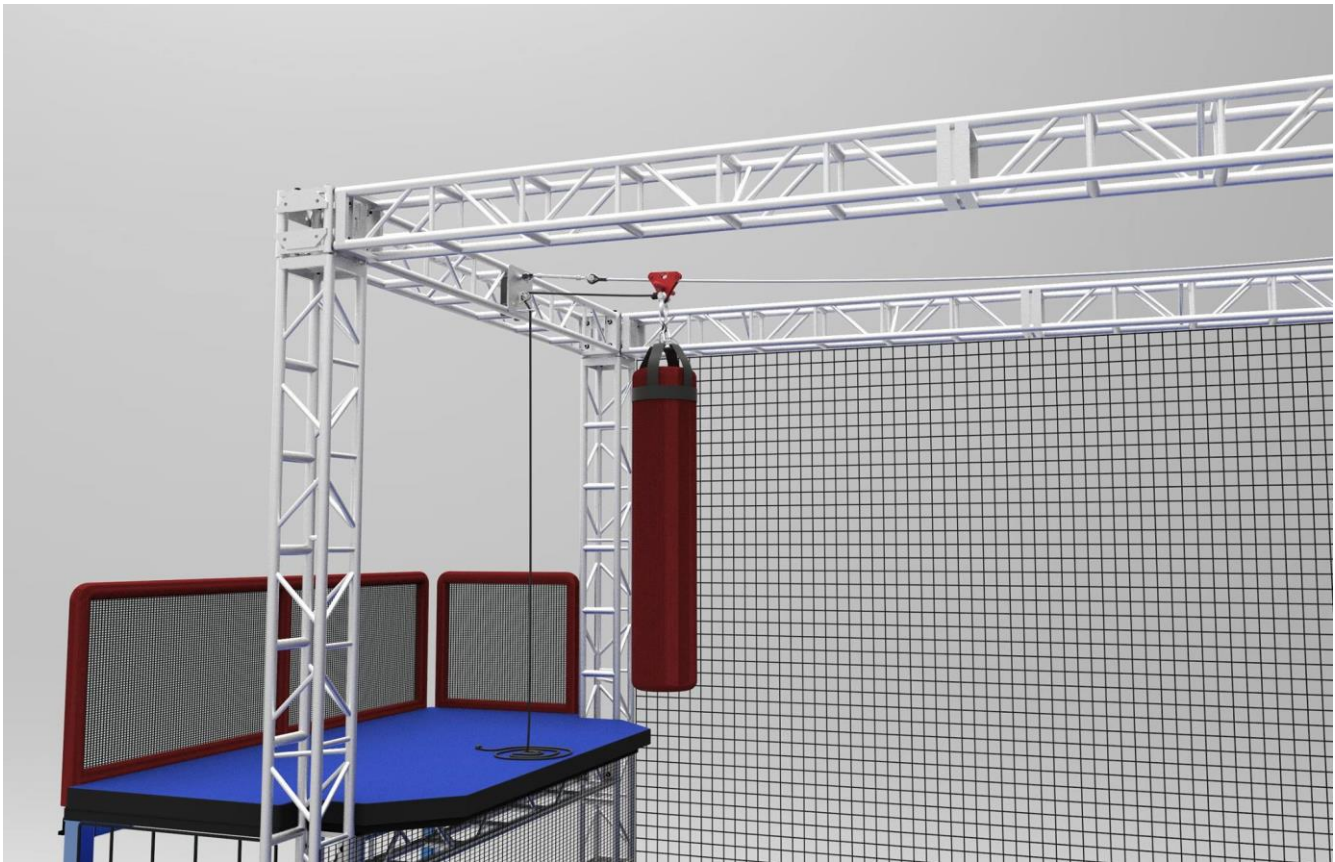
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH
ATHLETE		



LOG GRIP

Users must first retrieve this heavy log before wrapping themselves around it to ride across the expanse. It’s a test of grip, whether arms or legs or both.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	LOWER-BODY
TEEN-ADULT	ELEVATED	UPPER-BODY
ATHLETE		GRIP STRENGTH



PIPE SLIDER

Firmly grasp the pipe, then shove off the platform and ride down the track. Before reaching the end you must launch to the landing platform (or additional component). Hesitation at the end is a mistake, usually resulting in failure to complete this obstacle. Requires upper body and grip strength.

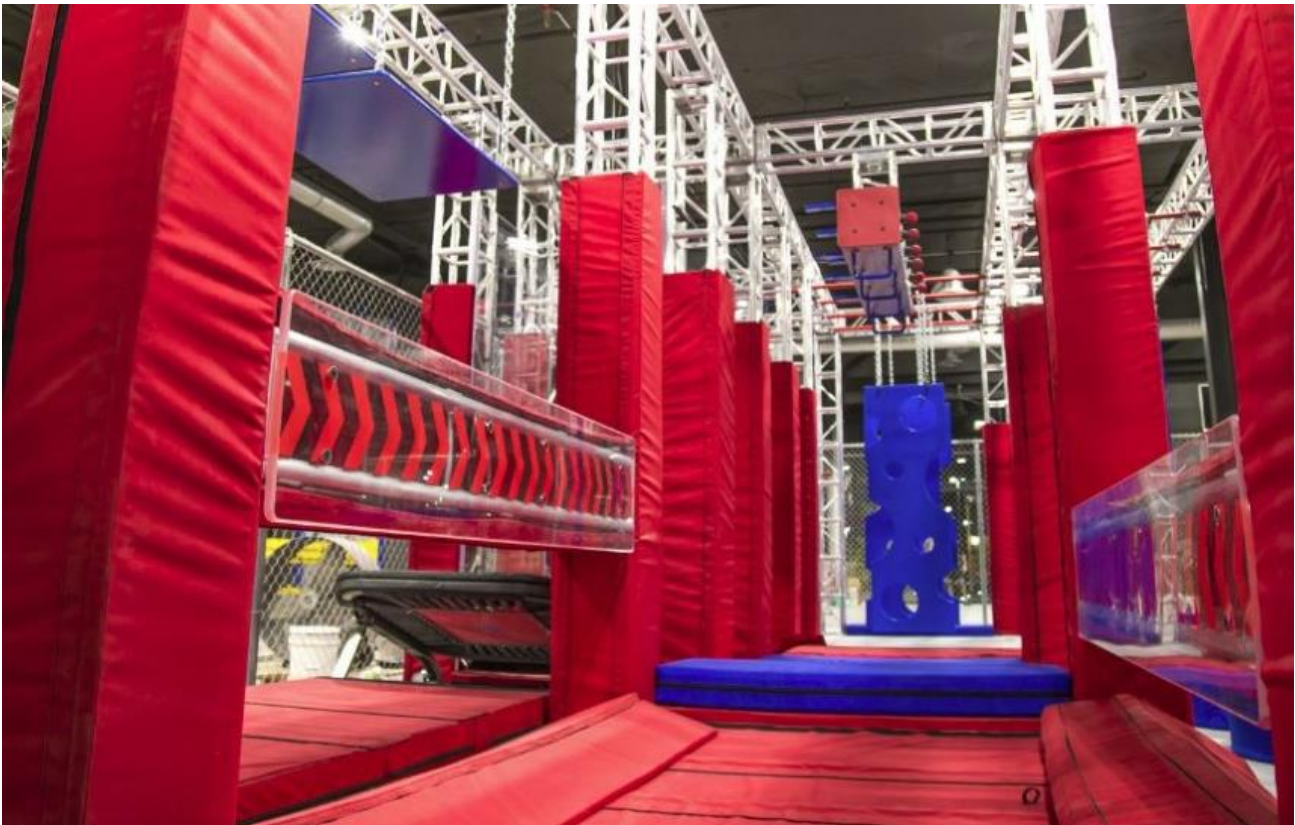
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT	ELEVATED	GRIP STRENGTH



PLANK TRAVERSE

Athletes must wedge themselves between both planks and then climb sideways to the end without touching the ground. Requires core and overall body strength. Planks, squats, and shoulder presses are great prep for this obstacle.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
		LOWER-BODY



RING SLIDER

Athletes hang from the rings and then slide them along the parallel bars, navigating the various dips and humps until getting far enough to launch themselves to the landing platform. Requires upper body and grip strength, and getting hung up any section will intensify the workout.

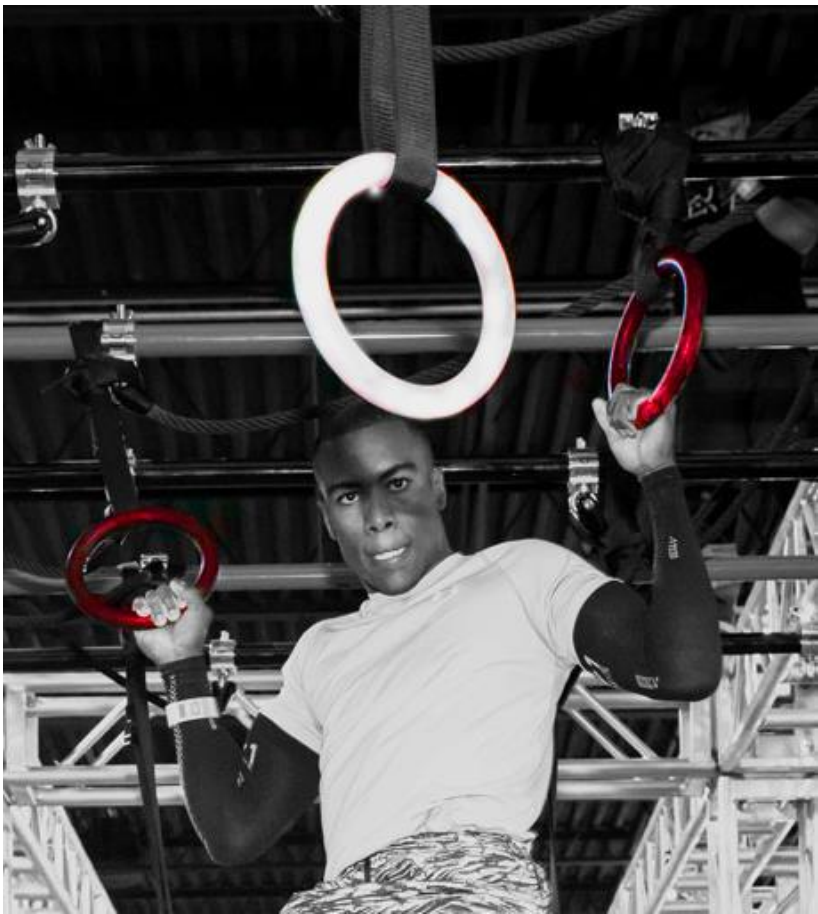
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT	ELEVATED	GRIP STRENGTH



RINGS OVERHEAD

Athletes must climb or swing across to the distant platform using the hanging rings. Skipping rings may be possible depending on setup or rules. Requires upper body and core strength.

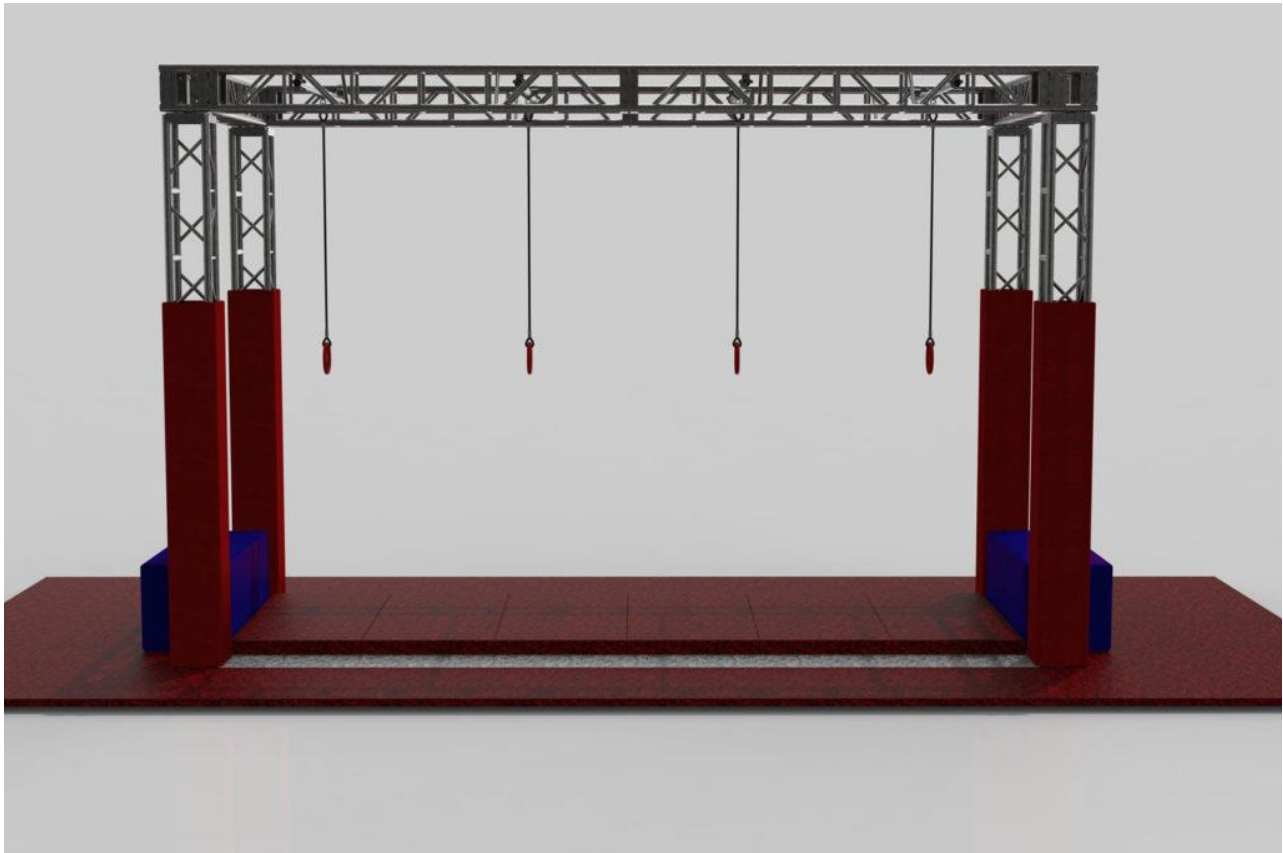
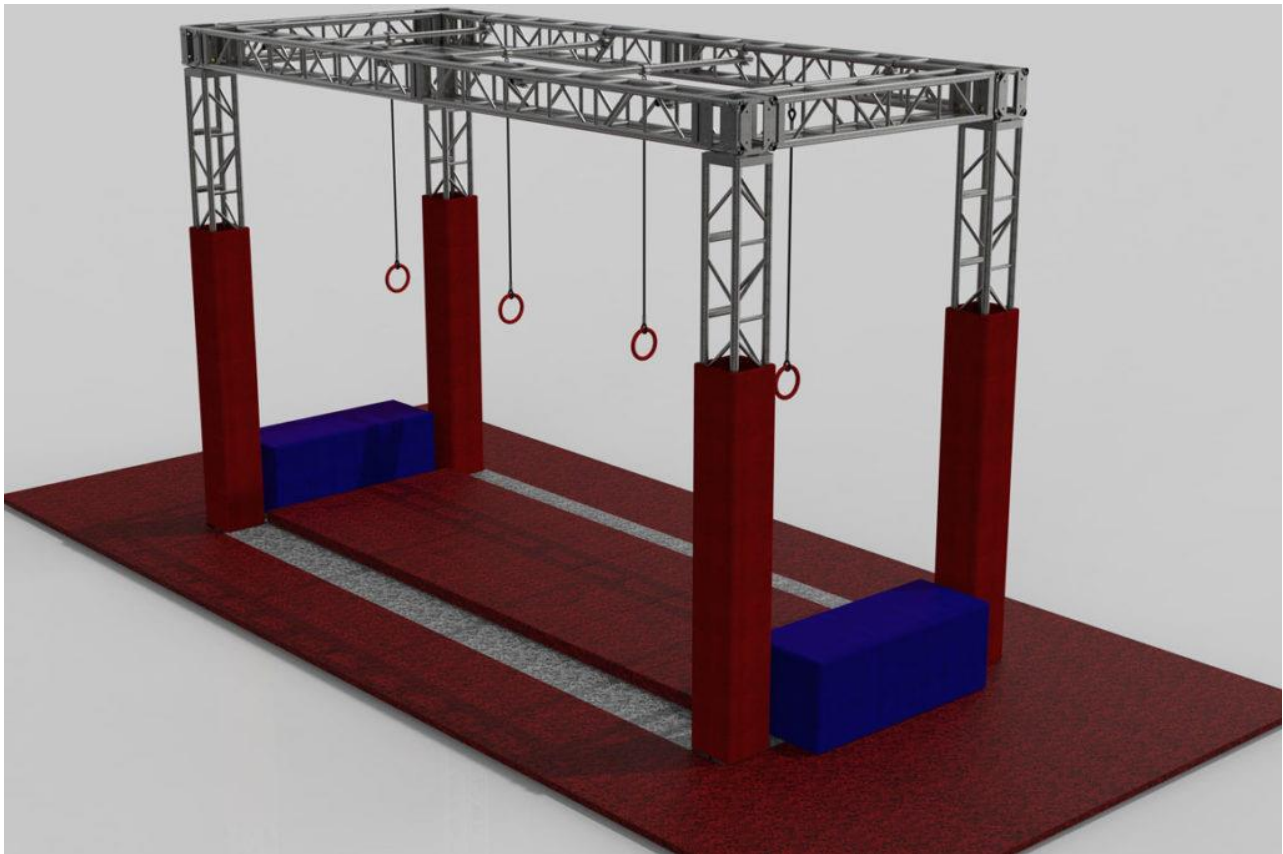
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT		



RINGS OVERHEAD INLINE

Climb sideways using the rings, moving the forward hand to the next ring before moving the back hand. Participants can generate momentum as needed to swing far enough sideways for each transition. They may also choose to climb facing forward almost like climbing forward across a single overhead bar. This is an upper body workout, with some engaging of core muscles depending on the amount of swinging.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH



ROOF CLIMB

Climb sideways using the rings, moving the forward hand to the next ring before moving the back hand. Participants can generate momentum as needed to swing far enough sideways for each transition. They may also choose to climb facing forward almost like climbing forward across a single overhead bar. This is an upper body workout, with some engaging of core muscles depending on the amount of swinging.

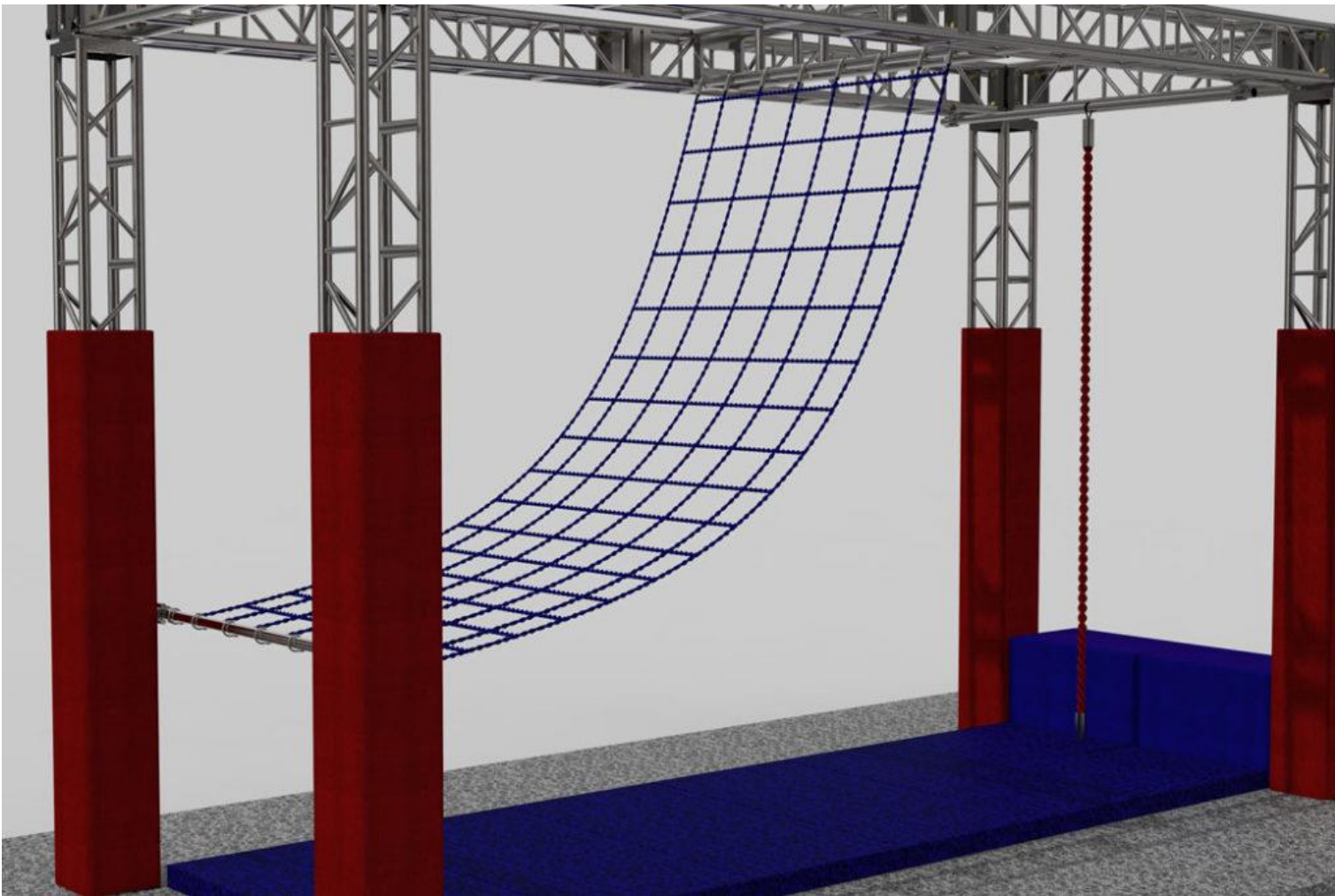
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
		LOWER-BODY
		GRIP STRENGTH



ROPE SWING TO CARGO NET

Participants must use the rope to swing across the gap, and then transfer to the cargo net. From the net its a reverse climb, down and under to the distant platform.

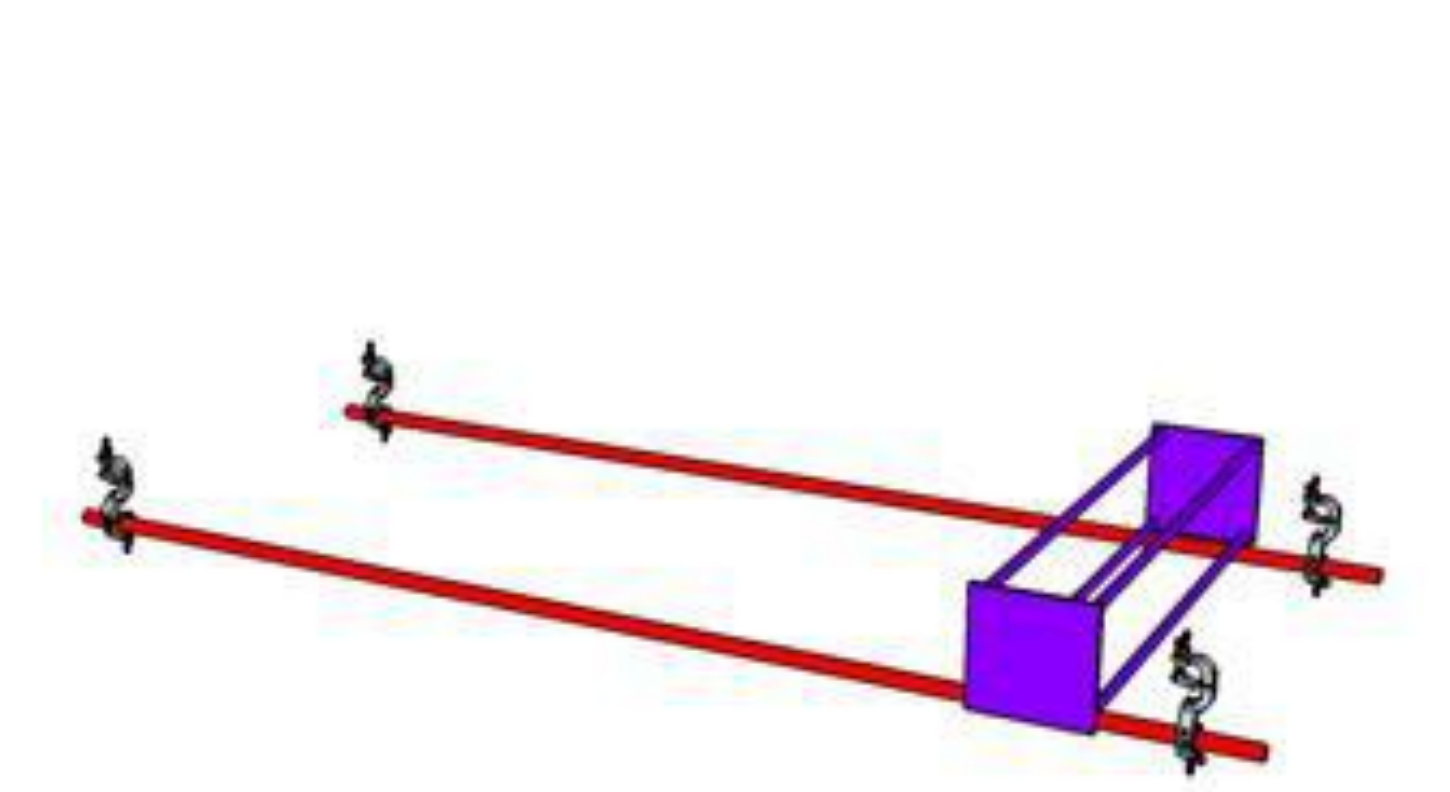
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT		GRIP STRENGTH



RUMBLING DICE

Athletes start out hanging from dice rods using a sideways position and then grab the top forward rod and pull down making the dice roll forward. The must continue this method to roll the dice to the end of the track and then dismount. This is an intense upper body and core workout.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY



SALMON LADDER

Athletes must hang from the bar and then pull up, launching high enough to land the bar on the next set of rungs. Then repeat until reaching the top. Requires upper body and plyometric strength.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT		GRIP STRENGTH



SEA OF BALLS

Climb from rope to rope, holding onto the ropes or gripping the higher balls all the while using your feet to grip the lower balls and support your weight. The ropes are not attached at the bottom, and participants may utilize the swinging motion or be ready for the added difficulty. This component utilizes both upper and lower body

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	LOWER-BODY
ATHLETE		GRIP STRENGTH



SEA OF DISCS

Participants must traverse across holding the hanging ropes and gripping the discs with their feet. Not all discs have to be used, but they must find balance and support, as relying on the ropes is not enough to stay off the ground. Balance, core, and arms are the primary focus.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	LOWER-BODY
ATHLETE		GRIP STRENGTH



SEA OF MULTIPLE RINGS

Climb through this jungle of ropes with rings, stepping in the rings and grabbing the rope or the rings as needed to reach the other side. Participants can also step on the rings or even pinch the rope with their feet. This obstacle is a beginning to intermediate workout, utilizing upper and lower body.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT		LOWER-BODY



SEA OF POLES

Climb from pole to pole without touching the ground, or use a wedge technique to navigate through this obstacle. Participants can stay low, or climb up higher as needed. Overall upper and lower body strength, as well as good grip (hands and shoes) are needed for this obstacle.

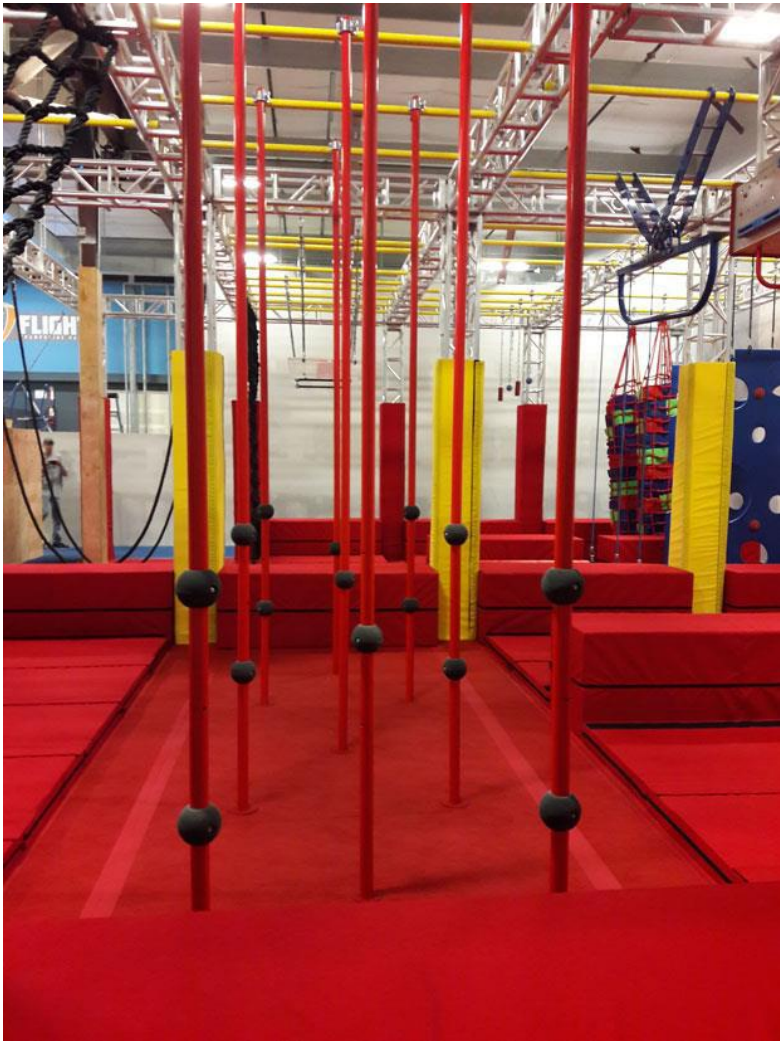
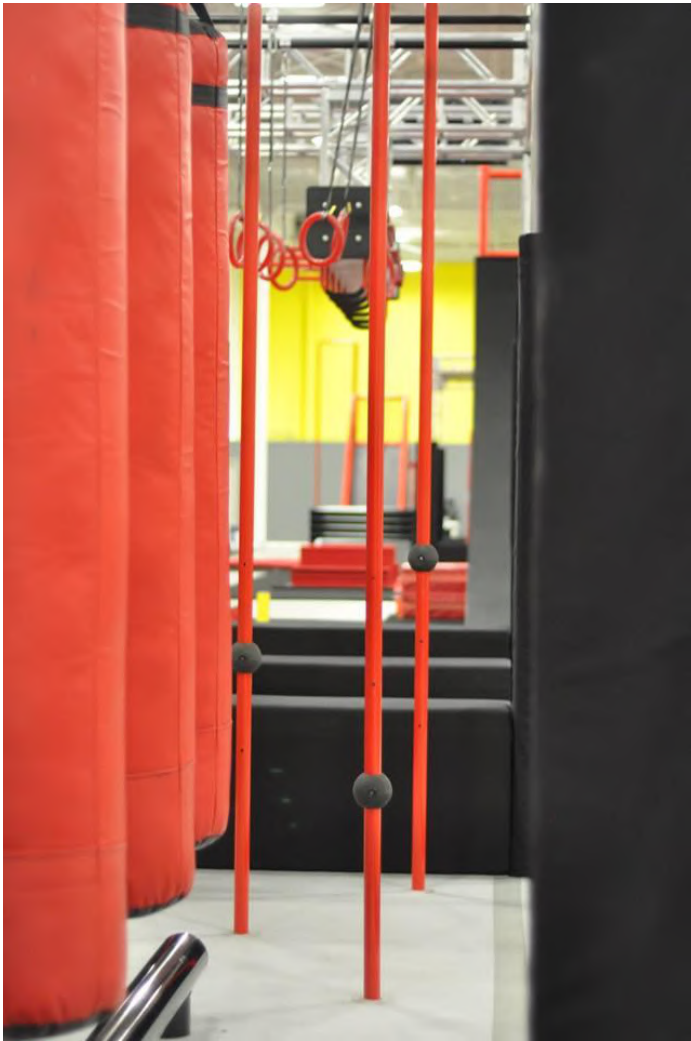
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT		LOWER-BODY



SEA OF POLES WITH BALLS

Participants transverse this obstacle just like the “Sea of Poles”, however the added balls provide an introductory method for those with less experience. They can wedge their feet against the polls above the balls and not worry about slipping down, or they can stand on the lower balls similar to the “sea of balls” obstacle. Upper body strength, good grip, and lower body are all engaged when using this obstacle.

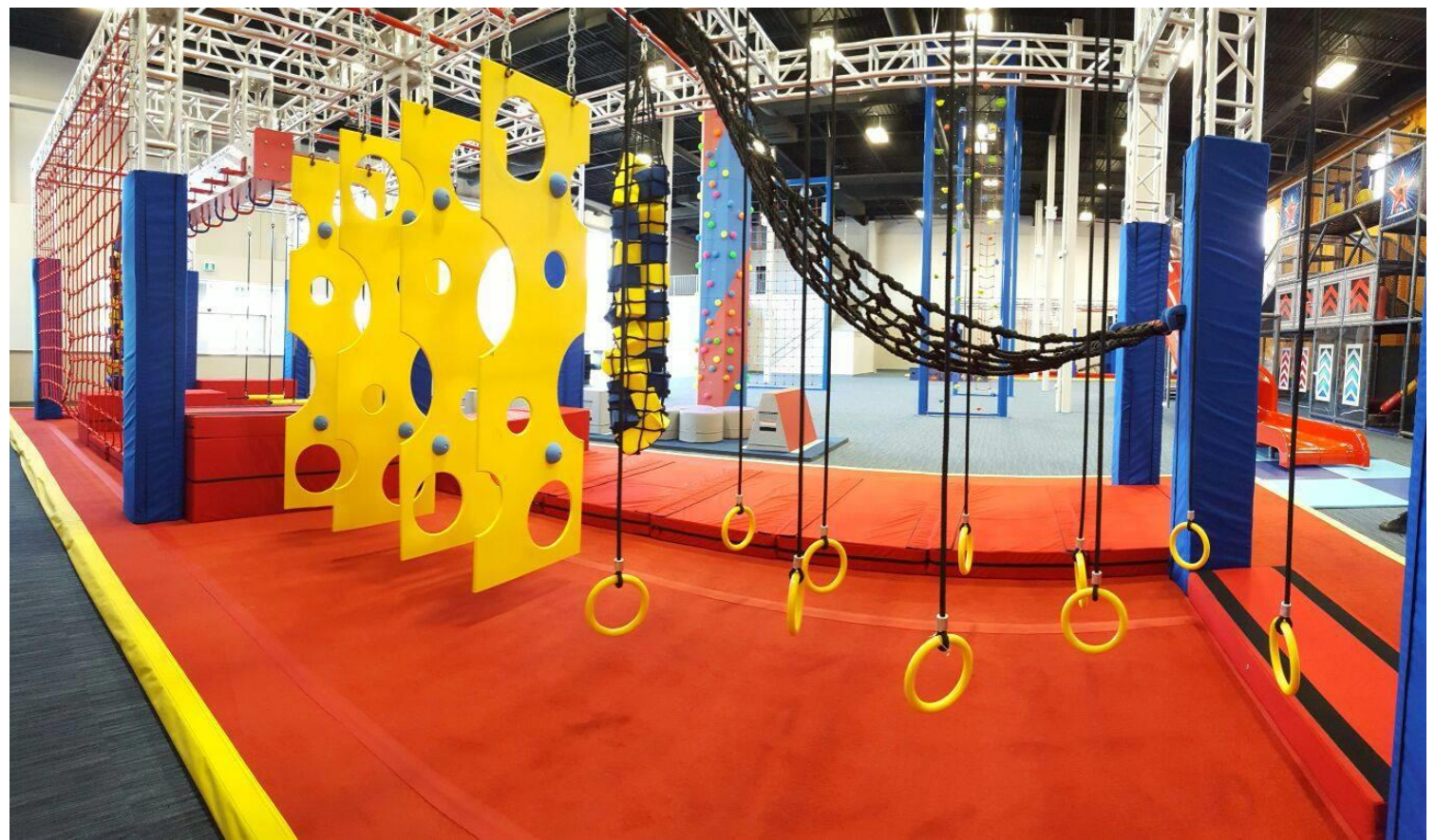
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT		LOWER-BODY
TEEN		GRIP STRENGTH



SEA OF RINGS LOW

Swing through this dangling maze, placing feet in rings and hands on rope. This obstacle is deceptively demanding of balance, requiring participants to remain upright and moving forward under conditions of swing and spin.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	BALANCE
TEEN-ADULT	ELEVATED	LOWER-BODY



SEA OF SWINGS LOW

Participants grab the sides of the swing and then step from the platform to the first swing. Then by either generating momentum or simply reaching far enough they must grab onto the next swing and transfer their feet. Then repeat for each remaining swing until they reach the end. Requires combination of balance, lower body, and grip strength.

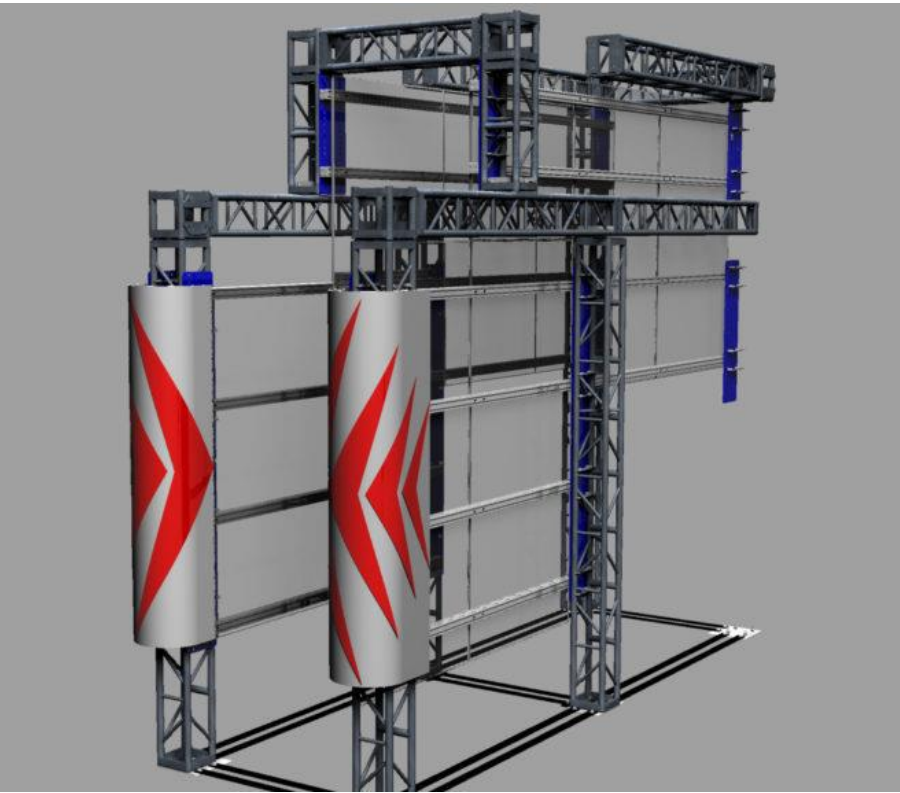
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	BALANCE
TEEN-ADULT		LOWER-BODY



SPIDER JUMP - ELEVATED

Athletes must launch off the angled trampoline and into the alley between the walls where they must stop themselves, using their hands and feet. Then they must continue climbing forward through the alley to the distant platform. Requires upper and lower body strength, as well as trampoline experience.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT		LOWER-BODY



SPINDLE ROLLER

Athletes hang from the spokes and then must move the spindle along the track by reaching and pulling at the forward spokes. Even with fluidly rolling the spindle this obstacle is very demanding of upper body strength. And the more swinging involved, the more core muscles will be engaged.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
ADULT	ELEVATED	GRIP STRENGTH



TILTING LADDER

Participants must climb across the first ladder while being ready for the tilting as they progress to the end of it. Then they must swing and reach or jump to the second ladder. After climbing across the second ladder they must swing off for the dismount. Predominately an upper body obstacle, but it will utilize core muscles based on the amount of swinging involved.

DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH



SPINNING WHEELS - SMALL

Jump and grab the first wheel then use your momentum to spin the wheel forward to reach the second wheel. Then repeat for the remaining wheels and finally jump down to the end platform. Hanging requires upper body strength; swinging requires core muscles, and jumping utilizes lower body strength.

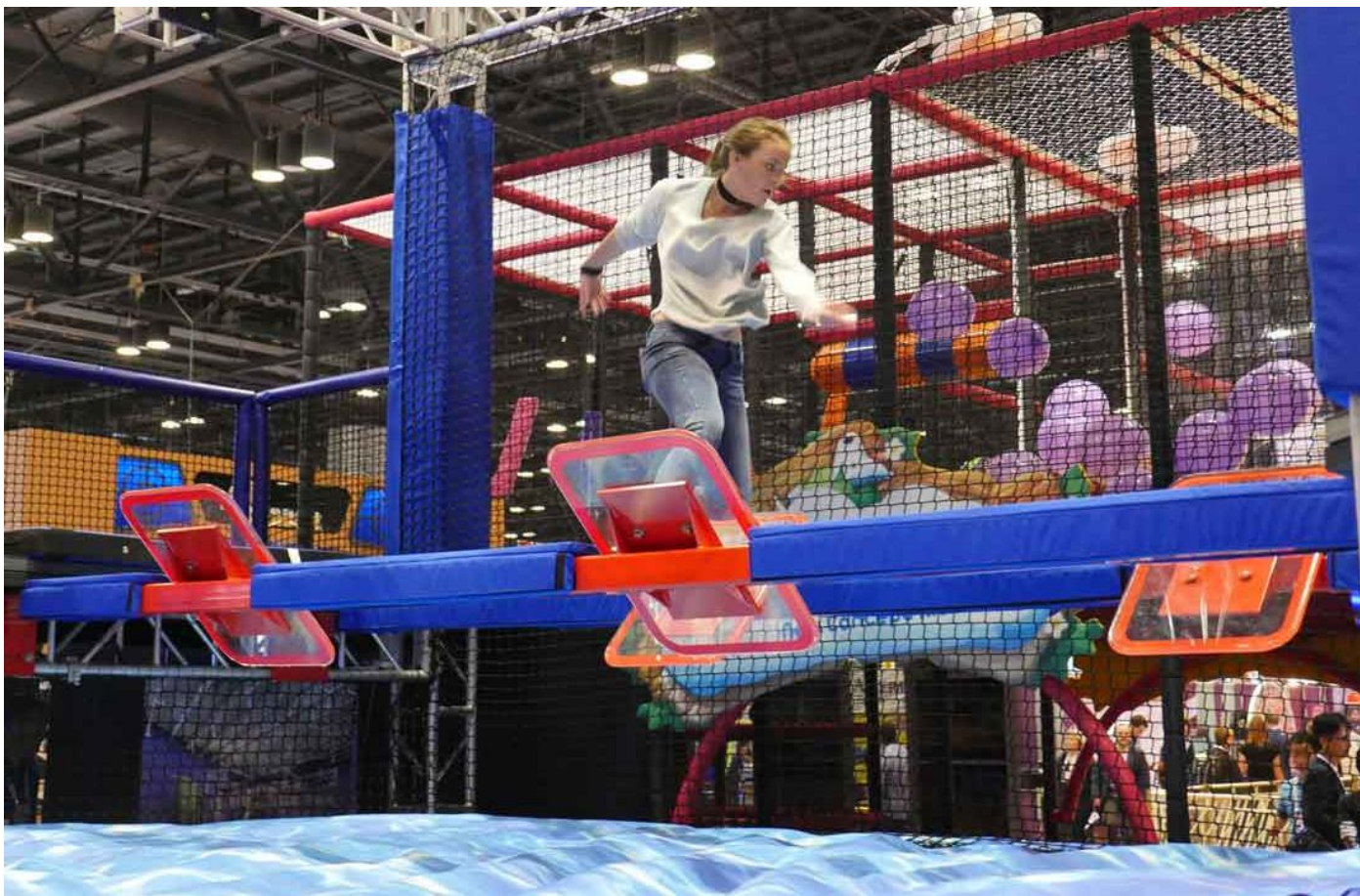
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY



STEPS ELEVATED

Participants leap in a zigzag pattern from the starting point to each of the steps until they reach the end. Using continuous flow from start to finish is best, but less experienced users can take it slower by hopping to each step, stabilizing themselves, and then continuing to the next one. Utilizes lower body strength and good foot work.

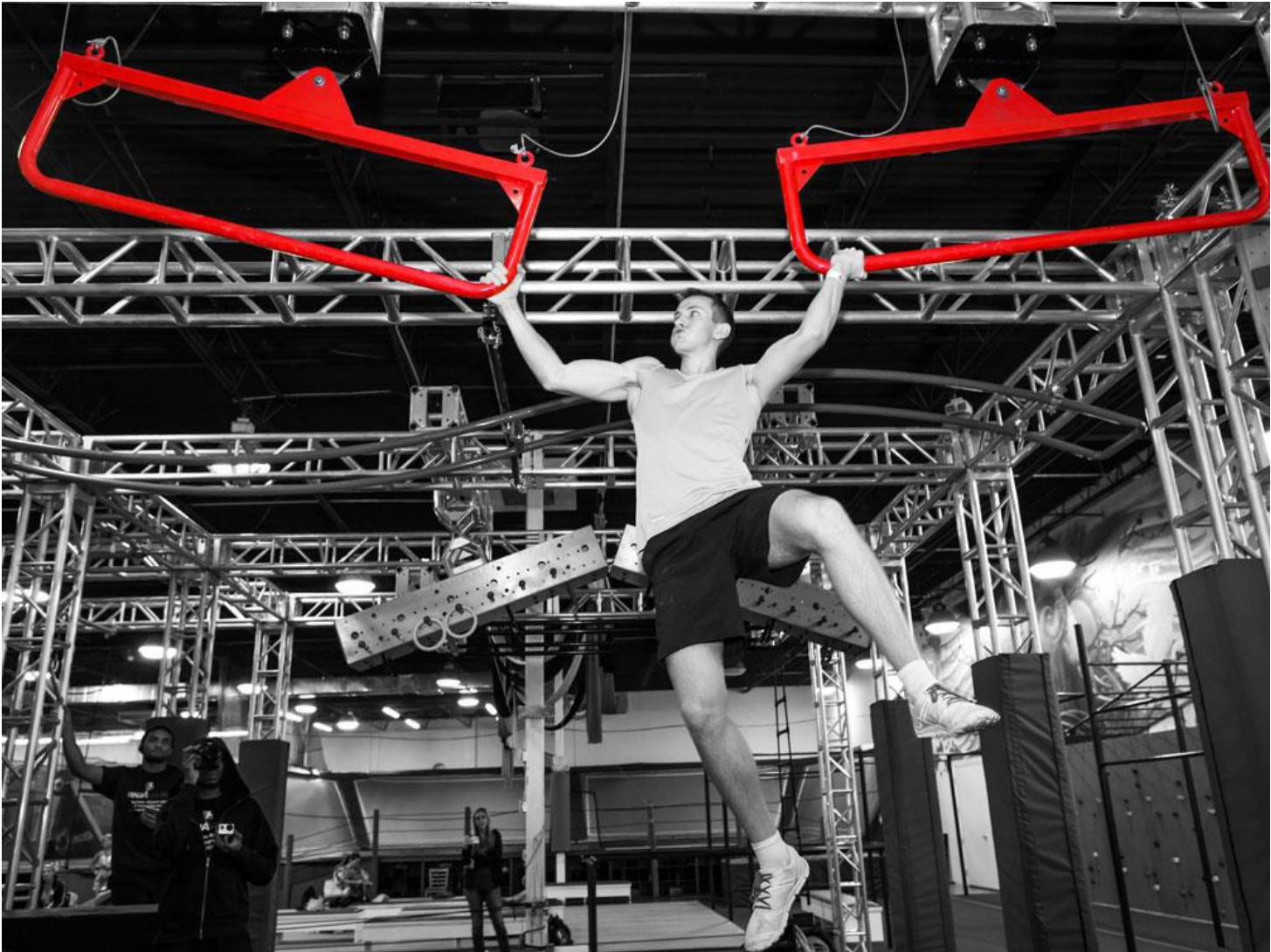
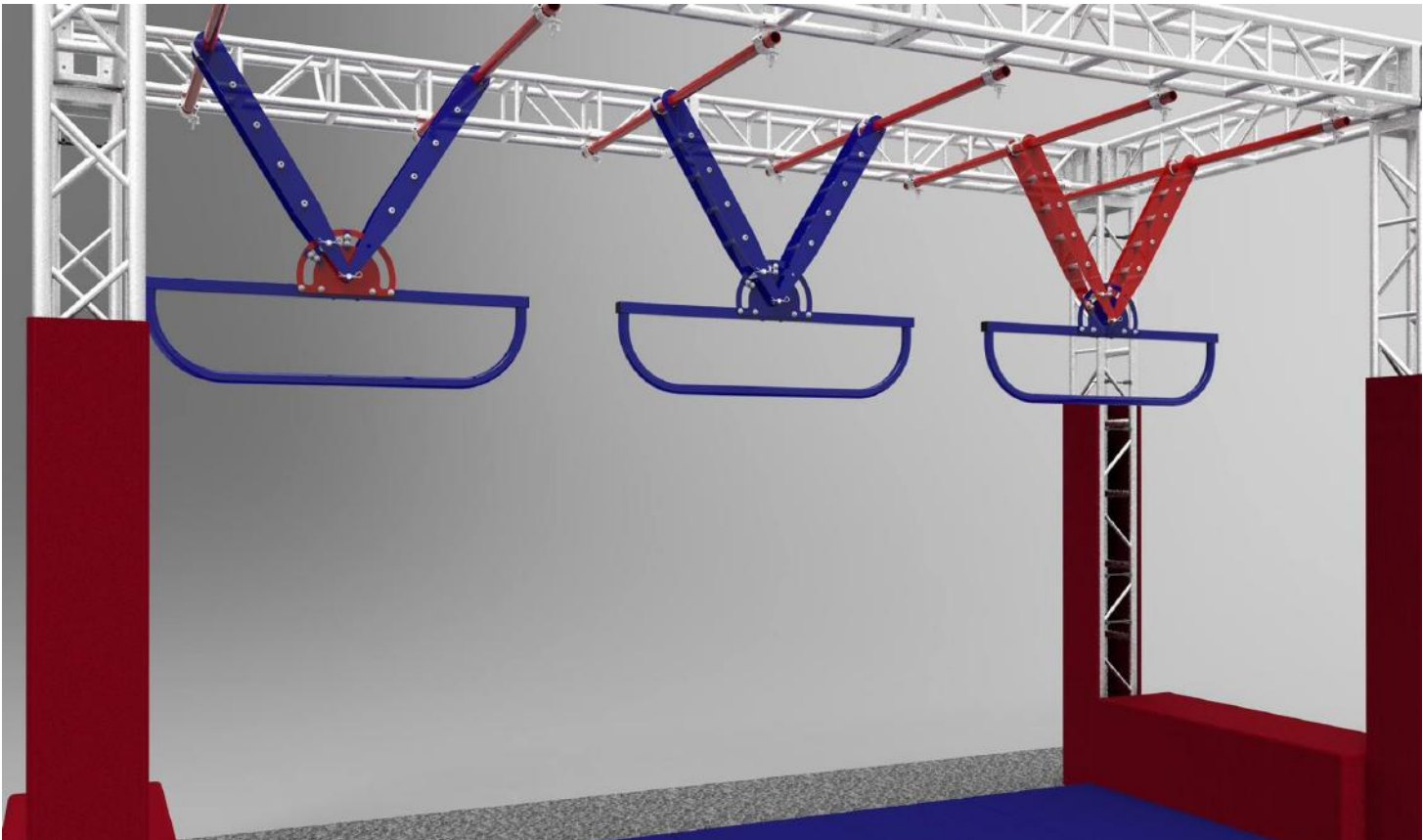
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	LOWER-BODY
TEEN-ADULT	ELEVATED	BALANCE
ATHLETE		



TILTING FRAME

Athletes must jump and grab the first frame, then climb along the bottom of it, then use their momentum to transition between the frames, climb along the second one, and finally swing and jump to the distant platform. Requires upper body and core strength.

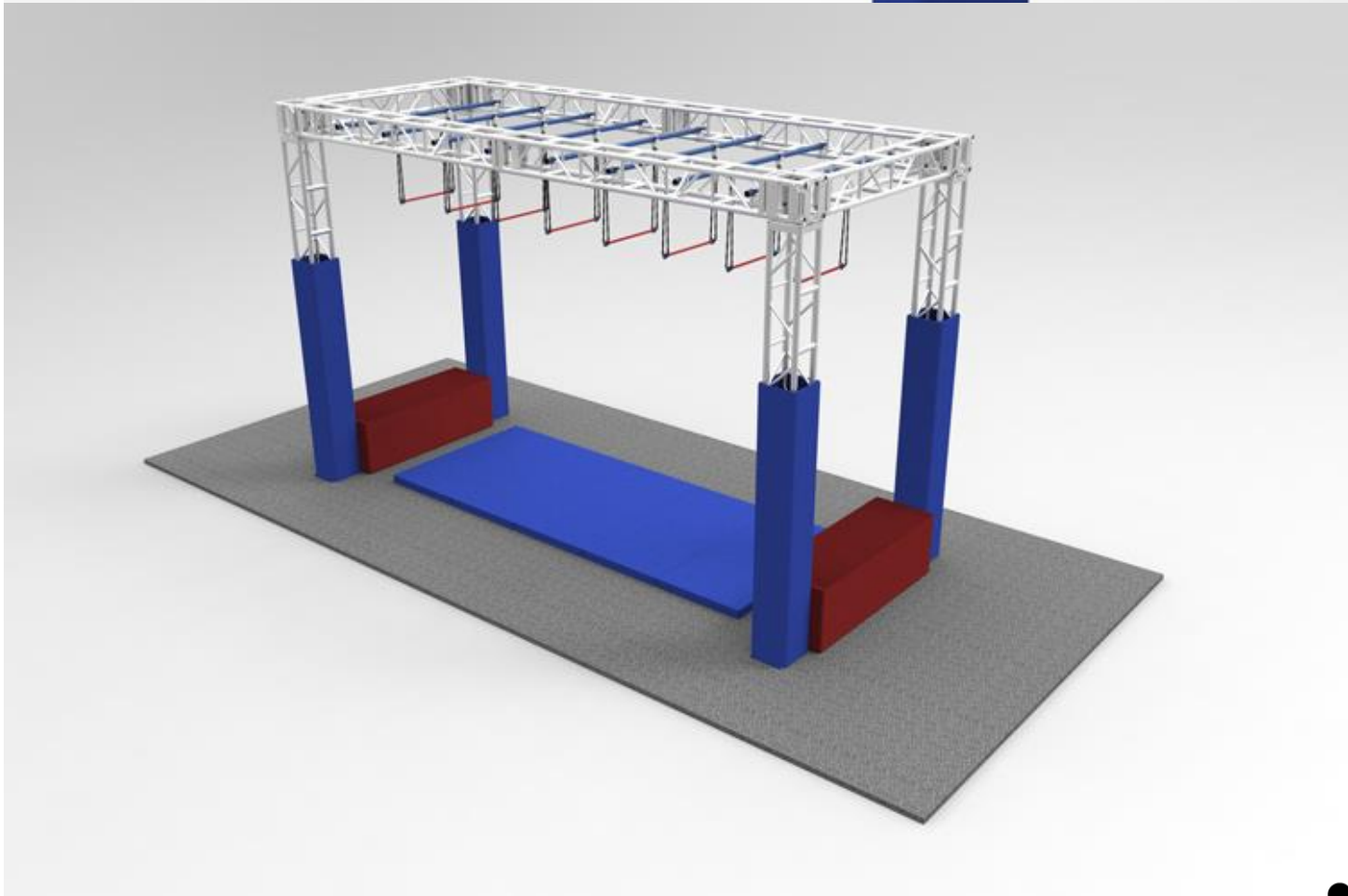
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH



TRAPEZE BARS

A classic since the dawn of the circus, the trapeze bar allows participants to swing, by hands or legs, upright or inverted.

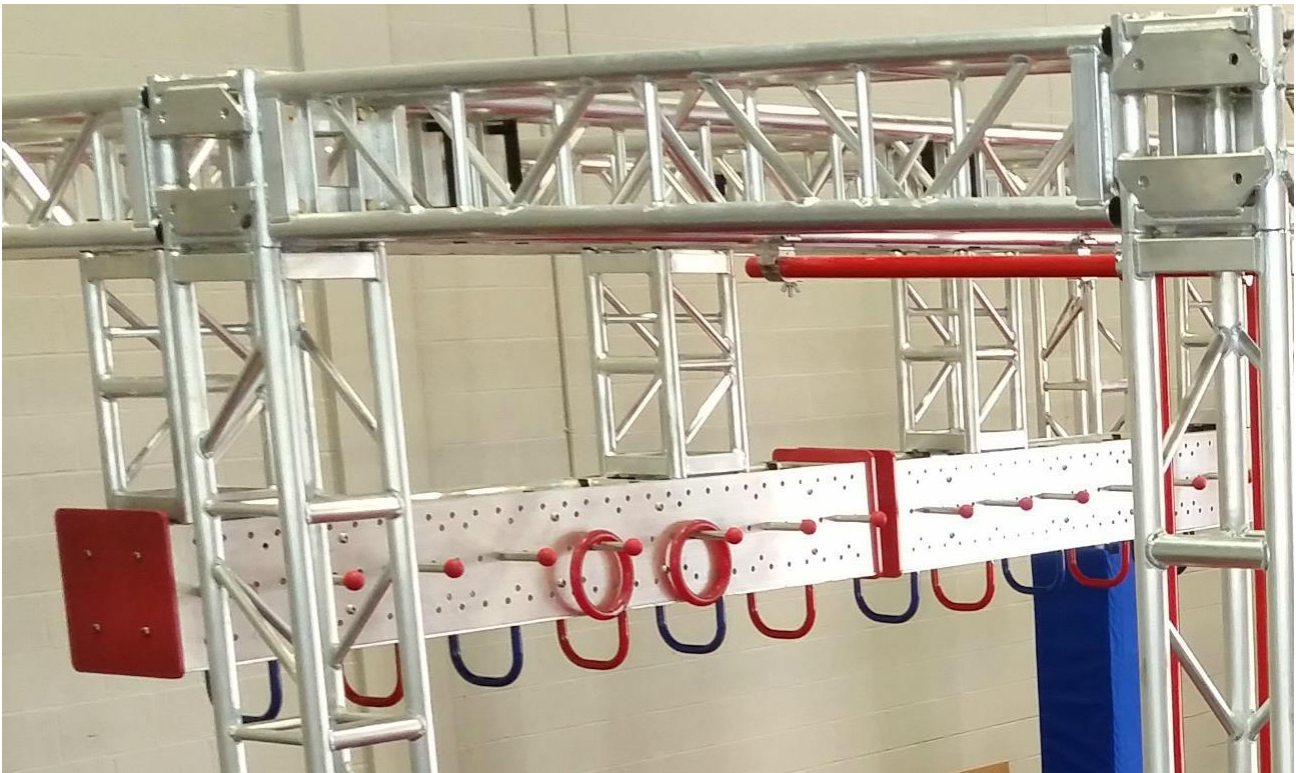
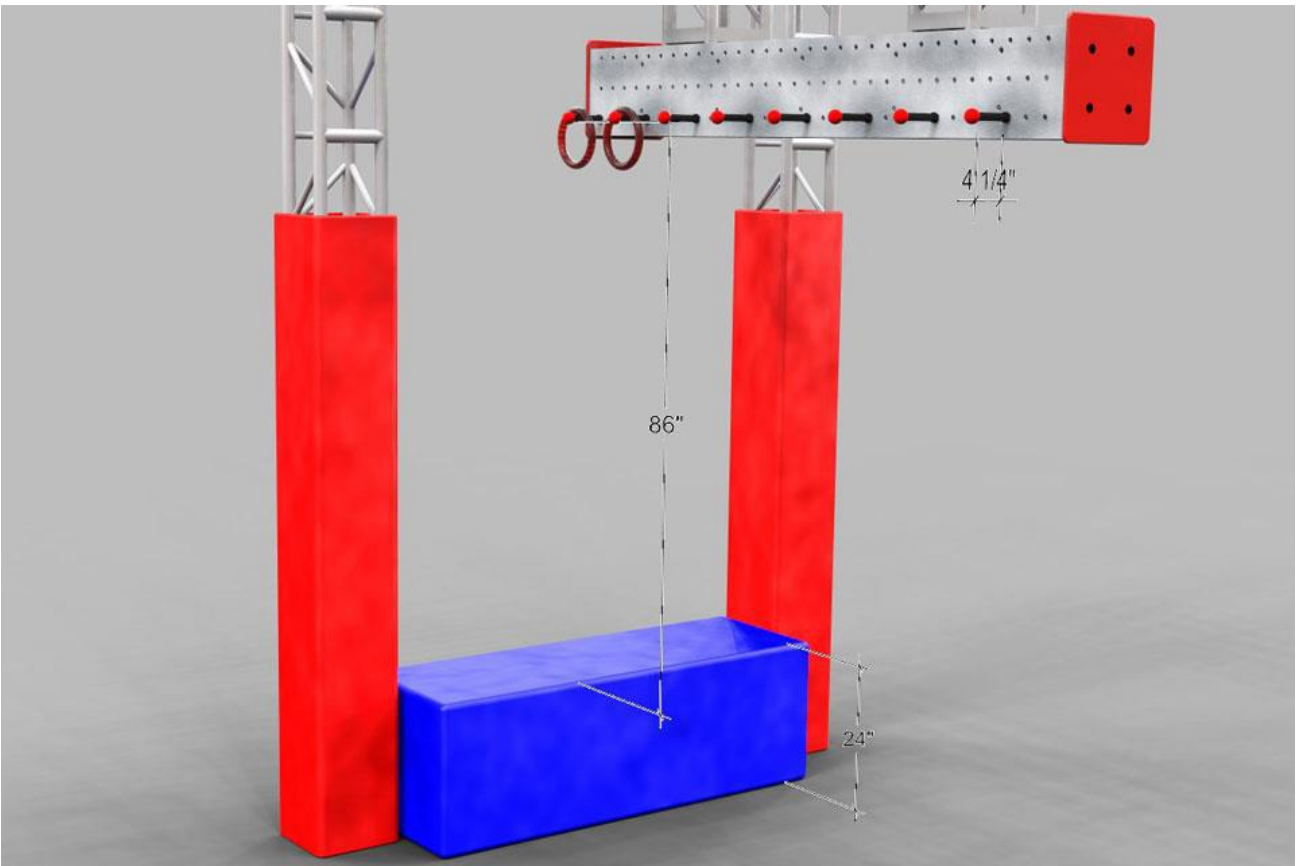
DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT		
ATHLETE		



TRAVERSE BOX

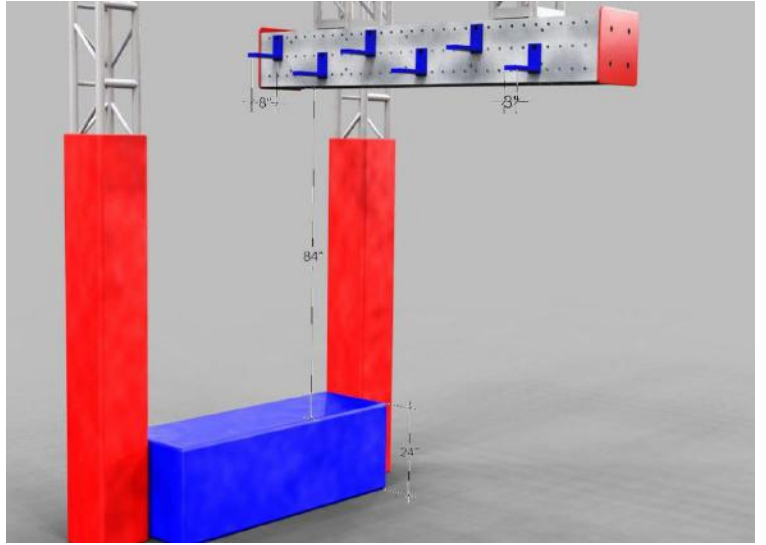
Choose from three different options to cross this element. Each one represents a unique challenge and will test your focus and strength! Half frame and full-frame traverse box options are available. See below for the different options to add to the traverse box.

DIFFICULTY	LOCATION	FOCUS
KID	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH
ATHLETE		



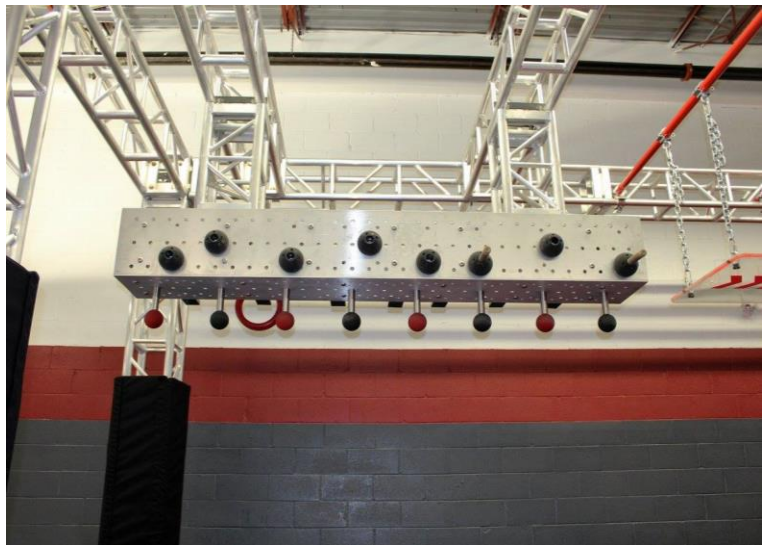
FLOATING STAIRS

Grip these small stairs and climb sideways across them. There are multiple ways to grip the stairs, and various routes or methods athletes can use to maximize the use of this obstacle. Climb experience is recommended for this intense upper body workout.



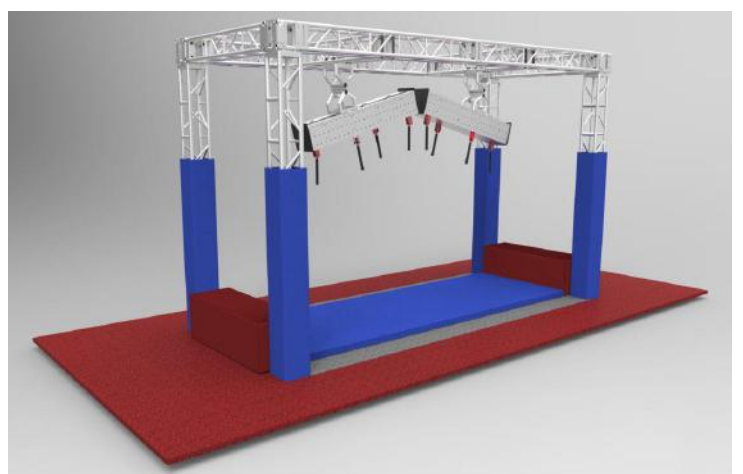
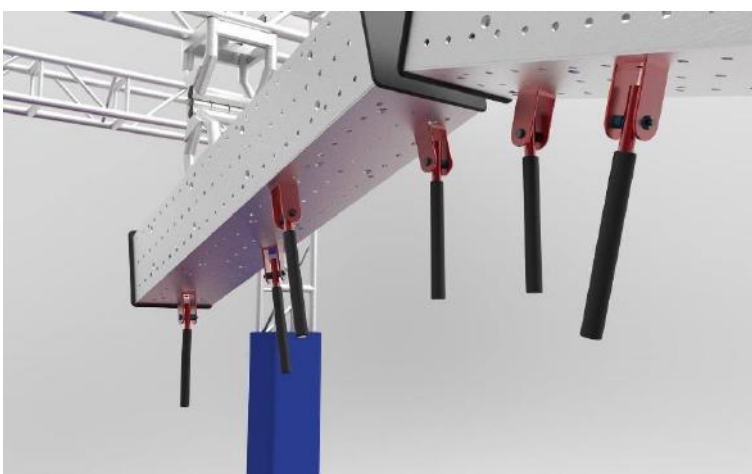
GLOBE GRASP

Using an overhand grip, participants must hang from the single hand globe grasps, being careful not to grab the bars, and then climb across them to reach the far platform. This is an intense upper body workout, specifically the forearm



HANGING SPIKES

These vertical spikes rotate in one plane. Arrayed in various orientations, they provide a unique challenge in momentum management. As an add-on to the horizontal or tilting traverse box, the hanging spikes offer participants a swaying test of strength.



MONKEY BARS

Participants climb or swing across the bars to the distant platform. The configuration of the frame sets the difficulty and the best technique, such as a straight across allows for swinging, but an incline to decline makes it more like the devil steps. This is an upper body and core muscle workout.



PEG BOARD

Participants climb sideways along the frame using only the pegs. They must shift their weight to their left arm in order to move the right peg to a new hole. Then they must shift their weight to the right arm to move the back peg. They must repeat this action until they have climbed to the end and can safely dismount. This obstacle is upper body intensive.



PEG HOLDS

Similar to the Traverse Peg Board, users move across a traverse box, bringing pegs with them along the way. However, instead of placing each peg anywhere within a matrix of holes, specifically placed holds dictate the one and only possible path. Each hold is movable though, so rearranging the pattern (for contests or simply to keep a course fresh) is no problem.



RING TOSS

Athletes must use the rings to traverse the pegs using either a dead hang style or a swinging style to progress along the pegs. Requires upper body strength for dead hang style, or upper body and core strength for swinging style.



SPINNING GLOBES

Use the spinning to your advantage as you climb across by gripping the globes and rotating through each turn to reach the next globe. Similar techniques as used for the ring toss can work for this obstacle as well. Intense forearm and upper body workout.



CLIFF HANGER

Athletes grip the thin climbing holds and then make their way across, navigating the various gaps or transitions between the holds until they can dismount. Finger and grip strength are crucial for this obstacle, as well as overall upper body and core strength.



TRAMPOLINE – ADJUSTABLE

The perfect trampoline to use at the start of a variety of other obstacles. It has a solid frame, padding, and is adjustable to fit beginner or more experienced participants. It utilizes lower body muscles.

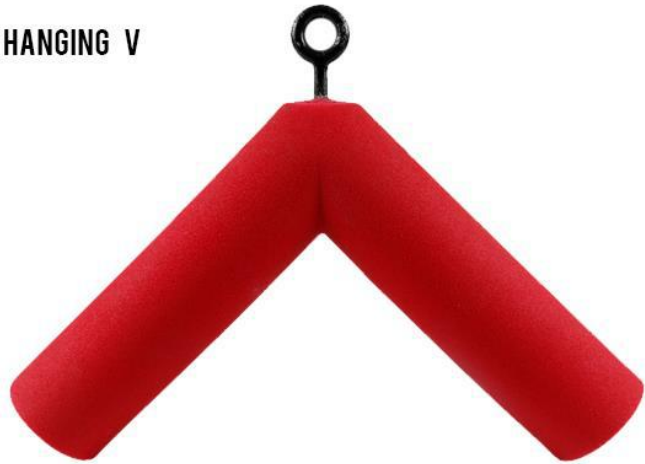
DIFFICULTY	LOCATION	FOCUS
KID	GROUND-BASED	LOWER-BODY
TEEN-ADULT		



HAND HOLDS

Variety of climbing grips for standard or customized use with other components. Single hand, double hand, spinning, and other unique style holds. Lots of options and sizes to choose from to best fit your plan or needs.

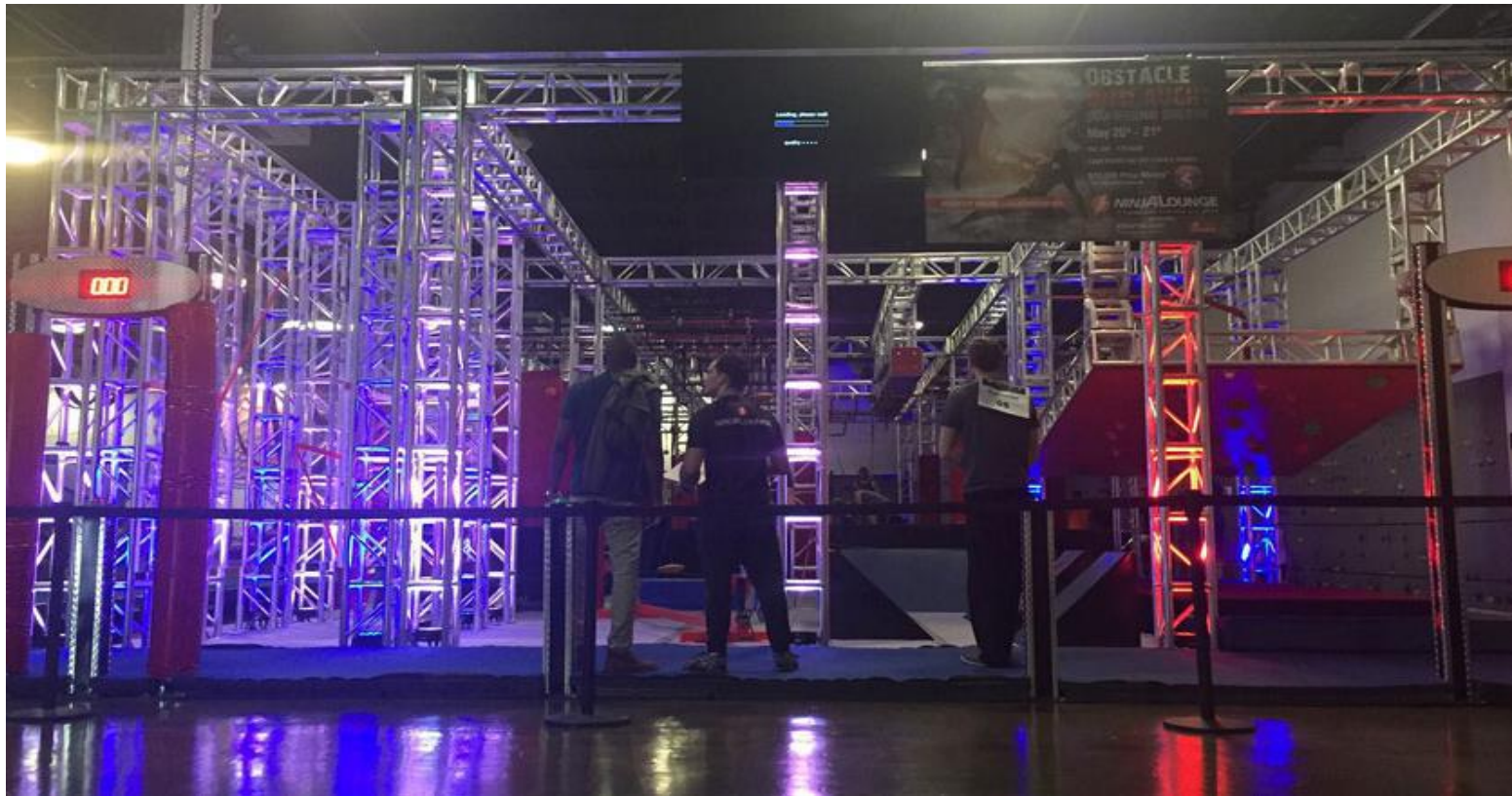
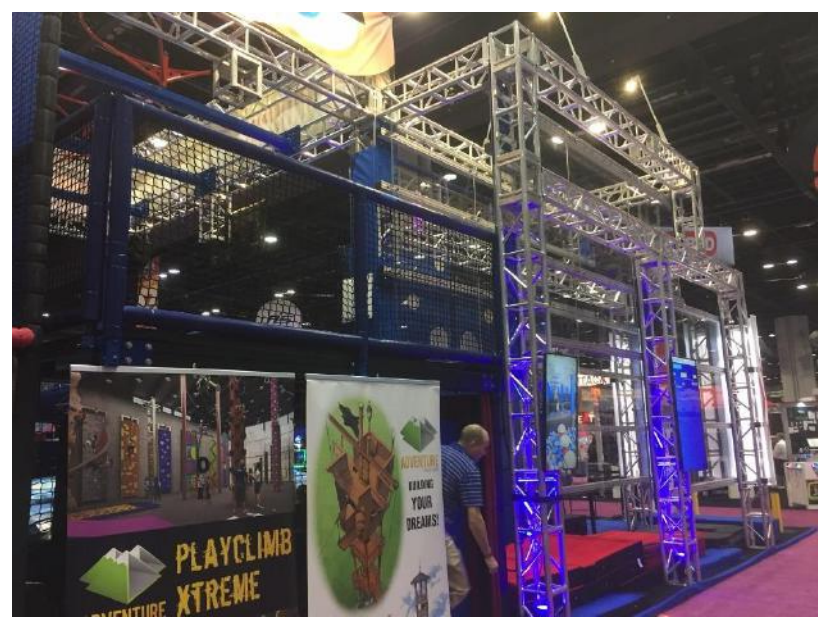
DIFFICULTY	LOCATION	FOCUS
ATHLETE	FRAME-BASED	UPPER-BODY
TEEN-ADULT	ELEVATED	GRIP STRENGTH



LIGHTING

Customized per course, lighting solutions lend visibility and drama to the ninja warrior experience.

DIFFICULTY	LOCATION	FOCUS
	FRAME-BASED	





IMPACT

104 BRONTE ST N UNIT 2

MILTON, ON

905 878-8902