

Companion Exercise Chart

to be used after reading

Ninja Training for Kids: An At-Home Guide*



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Thank you for downloading our companion exercise chart! Please read the full article at the [link above before trying to implement the exercises here](#). Valuable information is given, including safety measures and obstacle course ideas for building your own home course.

Some of these exercises are quite difficult and you may not be able to perform all of them at first. Set them as future goals. Ninja training takes hard work! Don't get discouraged. Be patient. Set progressive goals and if you're faithful to follow your workout plan, you'll be happy with the results.

You'll find detailed instructions for these exercises at Verywellfit.com. Many of them have illustrations and videos. Type in the name of the exercise in their search bar and it will take you to the right place.

For starters, choose two or three exercises from each of the categories on this chart to perform two days each week. The first time you do each one, write down how many you can do or how long you did them for. Each week or two, see if you can add more to that number or time. If you do the same exercise on both days of your workout week, divide the cell and record your amounts.

burpees	10	12
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Remember to do the flexibility exercises last. Your muscles will be warmed up and you'll be less likely to injure yourself. Stretching at the end of a workout is when you are able to increase your range of motion the most. Never skip this part. We recommend doing the full set of these so you target all those important joints and muscles.

You may decide to add some of your own exercises to this list as well. The most important thing is to be consistent in your workout routine. Start with two days a week, three days apart. Vary your choice of exercises every two weeks. As each one becomes easy, add more repetitions or more difficult exercises.

We wish you the best and of course we want you to have unending fun creating your home obstacle courses!

Exercises	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Warmup Day 1								
What I did								
How long								
Warmup Day 2								
What I did								
How long								
Multi-Strength Exercises								
Mountain climbers								
Spider walks								
Superman								
Burpees								
Plank hold								
Upper Body Exercises								
Pushups								
Pull ups								
Triceps dips								
<i>Use a soup can, water jugs or water bottles if you don't have any weights for these 4 exercises.</i>								
Bent-over row								
Overhead press								
Triceps extensions								
Biceps curls								
Core Exercises								
Abdominal crunch								
Side plank								
V-sit hold								
Bicycle crunch								
Bridge (not backbend)								
Skip with a twist								

Exercises	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Leg Exercises								
Wall sit								
Jump squat								
Squat thrust								
Side jump								
Walking lunge								
Jump lunge								
One leg balance/ squat/reach								
Balance Exercises: Write how many you do or how long you hold the position on your tape or 2x4								
Walk, skip or run across								
Walk backward or sideward								
Straight jumps								
Balance on one foot, extend your leg forward as high as possible keeping both legs straight and hold for 10 seconds. Then extend your leg behind you and hold for 10 seconds. Switch legs and repeat.								
<i>Write your results ></i>								
Straight jump with a half turn then a full turn (Try this on the ground first!)								
<i>Write your results ></i>								
Plyometric Exercises: Write the number you do or the amount of time. Write the height of the 'box' & number. Jumps and hops can be done on the mini tramp, in the yard or other semi-soft surface. NO hard surfaces.								
Straight jumps								
Jumping jacks								
Tuck jumps								
One foot hops								
Jump roping								
Vertical box jumps (record height & number)								

Exercises	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Agility Exercises: Write the number of times you do a drill or the number of jumps you do in a row.								
Speed ladder agility drills (Substitute ladder with tape, flat rulers or other flat objects)								
Write your results >								
Dot drills								
Lateral jumps								
Tucks jumps								
Flexibility Exercises: Finish your workout with these while your muscles are warm. Hold each stretch for at least 30 seconds. Check the boxes for each one you complete. A video of these stretches can be found here.**								
Quad stretch								
Standing hamstring stretch								
Chest & shoulder stretch								
Biceps stretch								
Upper back stretch								
Shoulder stretch								
Side stretch								
Triceps stretch								

*Article link:

<https://emethgym.com/blog/ninja-training-for-kids-an-at-home-guide/>

**Flexibility link:

<https://www.verywellfit.com/relaxing-total-body-stretches-1231150>



[Emethgym.com](https://emethgym.com)