

Ninja Workout

Duration: 90 minutes

Requirements: Flat lawned area

Group Size: 8 –160

To view images or find out more infomation, please visit...

https://www.kdmevents.co.uk/team-building-activities/ninja-workout/

About KDM Events

Launched in 1990 to tap into the burgeoning Corporate Events market, KDM Events have evolved considerably over the past 3 decades in business – from humble beginnings when events solely consisted of driving vehicles around a muddy field, to the all encompassing event management company that we are today.

Catering for groups numbering from half a dozen to several hundred or thousand, we offer the full range of event services – which could be as straight-forward as just finding a venue for a meeting or providing a stand of archery for a small group, to as complex as a fully managed conference for large numbers where we source the venue, provide the AV, suggest speakers, assist with registration & rooming lists, provide theming & entertainment for the evening... the list goes on!

• Unrivalled reputation in the industry, for quality, service and dependability – which has been earned over the past 30 years and counting.

• These aren't just empty words, but are backed up by our Gold Award for "Best Event Provider" at the prestigious M&IT Awards in 2017, 2018, 2019 and 2020 – these awards are voted for only by clients and members of the events industry.

• We are highly professional, passionate, friendly and do not make empty promises – our goal is to always over-deliver, by using our experience and expertise to shoulder the stresses in delivering a memorable event for you.


Established in 1990


Voted the UK's "Best Event Provider"


Meetings, conferences and road shows


Team Building, theming and entertainment


We always deliver memorable events


Come straight to the end provider

Ninja Workout Team Building Event

A pair of trainers, suitable sports clothing and positive attitude are all that's needed as we navigate the group through a Ninja Workout.

All you need to know...

We organise the entire day, taking teams safely through their paces in a series of fun challenges, competing not as individuals but instead to be the overall winning team.

Whilst physical effort is required on the activities, we ensure they will not be too physically demanding and that guests can skip various activities as they wish, to ensure an enjoyable and supportive rather than boot camp atmosphere.

How it works...

The event will take place in 4 zones, each with a highlight activity including varied challenges such as a Cargo Net traverse, Balance Beam, Parallel Bars, Monkey Bars and Slalom Shuttles – culminating in the Ninja-inspired assault course finale!

Teams will have to tackle each of the four zones, Agility, Balance, Endurance and Strength. With a series of four challenges to be completed in each zone. The finale is not one to be missed, dependent on the number of guests and teams, we shall invite the top four teams to compete in the ultimate challenge – the assault course that sees teams tackle each of four zones consecutively in the fastest time possible.

Medals and team scores will be announced by your event manager, to confirm the winning and loosing teams!

How to book

The booking process is very straight-forward – the basic details that we need to know are the date, venue, number of guests and your chosen event or activity – and we are then able to issue a contract for you to complete your booking.

Once this contract has been returned this confirms the booking of your event, we then issue an invoice for a 25% deposit with the balance due 7 days prior to the event date.

We try our upmost to be flexible when the need arises, so preferential payment terms can be considered and are available for clients that we work with on an agreed Preferred Supplier basis – this also gives the option to consolidate your invoices, by payment of any venue costs also through KDM Events.

The option of payment via credit card is also available should this be easier for you, although a surcharge of 3% applies for payment made via corporate credit cards.

We always greatly prefer to speak with you before an event so that we can get a clear picture of your aims and objectives... so please do contact us for any queries that we can help with.