



MATT ISEMAN

BIOGRAPHY

Matt Iseman is an Emmy-award winning television host and stand-up comedian who has become one of the most in-demand television personalities in the entertainment industry today. Matt is currently the host of NBC's smash hit, Emmy nominated competition show "American Ninja Warrior." He also hosts ANW's spin-off for Universal Kids, "American Ninja Warrior Junior" which features kid competitors aged 9-14 which debuted in 2018. Additional recent television hosting credits for Matt include: the 2018 Macy's 4th of July Fireworks Spectacular for NBC (his second year in a row) and HISTORY's "Evel Live" which honored legendary daredevil Evel Knievel by attempting three of his most dangerous feats.

Matt continues to use his platform to raise awareness and funds for the Arthritis Foundation as his ongoing battle with rheumatoid arthritis transformed him into a strong supporter. In 2017, he won season eight of NBC's "The New Celebrity Apprentice," with host Arnold Schwarzenegger, where was able to present a check of \$1,000,000 to the foundation.

A Denver native, Matt started his career with helping people in need, by becoming a physician of internal medicine with a residency at the University of Colorado alongside his father. He graduated with honors from Princeton University and the Columbia College of Physicians and Surgeons, where he received his medical degree. Then, in a move that shocked patients and parents alike, he quit his job as a doctor and moved out to Los Angeles to pursue stand-up comedy and never looked back, and eventually taking on the responsibility as a public advocate for the Arthritis Foundation. As a stand-up comic, he has also traveled to Afghanistan to perform for U.S. troops.

In 2019 Matt launched a weekly online series entitled #WarriorWednesdays, which highlights inspirational stories of everyday heroes fighting through obstacles from day to day, reminding us that we are not alone in our journey through life. Each week, while interviewing each extraordinary person Matt also donates to the honoree's charity of choice. Guests have included: Teri Rogers (wife of Hallmark's Matt Rogers) whose two children battle cystic fibrosis, and Derick Carver, an army veteran and strength athlete who lost his leg in the line of duty. The series can be viewed on his Instagram and his YouTube.



PROJECTS



VISIT AMERICAN NINJA WARRIOR

<https://www.nbc.com/american-ninja-warrior>

VISIT AMERICAN NINJA WARRIOR JUNIOR

<https://www.universalkids.com/shows/american-ninja-warrior-junior>

COMEDY

Matt's first love and the thing that convinced him to give up a career in medicine to move out to LA is stand up. He's been a national headliner for almost two decades... it's also taken him around the globe performing for the troops. He rode the ramp on a Chinook helicopter and sat in Saddam's throne while giving his unique insight on the world, molded largely from 80s movies and a reluctance to become a fully responsible adult. His enthusiasm always shines through, whether he talking about the geopolitical threat of nuclear war being resolved by Rocky Balboa or being dumped by a girlfriend for pursuing his dreams... and giving up being a doctor.

UPCOMING TOUR DATES:

<https://www.mattiseman.com/comedian/>



COMEDIAN MATT ISEMAN JOINS ROSS TO TALK ABOUT CENSORSHIP AND NINJAS

<https://khow.iheart.com/featured/ross-kaminsky/content/2018-12-13-comedian-matt-iseman/>



WATCH: MATT ISEMAN STOPS BY COURTNEY & COMPANY

<https://y98.radio.com/blogs/courtney-company/watch-matt-iseman-stops-courtney-company>



MATT ISEMAN, HOST OF AMERICAN NINJA WARRIOR, STOPS BY!

<https://www.kiddnation.com/matt-iseman/>



H&N CHAT WITH AMERICAN NINJA WARRIOR HOST MATT ISEMAN

<https://www.wibc.com/blogs/hammer-and-nigel-show/hn-chat-american-ninja-warrior-host->



NINJA WARRIOR CHALLENGE WITH HOST MATT ISEMAN

<https://www.11alive.com/video/entertainment/television/programs/atlanta-and-company/ninja->

#WARRIORWEDNESDAYS

In 2019 Matt launched a weekly online series entitled #WarriorWednesdays, which highlights inspirational stories of everyday heroes fighting through obstacles from day to day, reminding us that we are not alone in our journey through life. Each week, while interviewing each extraordinary person Matt also donates to the honoree's charity of choice. Guests have included: Teri Rogers (wife of Hallmark's Matt Rogers) whose two children battle cystic fibrosis, and Derick Carver, an army veteran and strength athlete who lost his leg in the line of duty. The series can be viewed on his Instagram and his YouTube.

<https://www.instagram.com/warriorwednesdays/>

<https://www.youtube.com/playlist?list=PLc-0lpjD3wmBzmtCskGe-y-HMbK6sQPEP>



PRESS

EMMYS



NEW YORK POST

Daredevil hopes to best Evel Knievel with live motorcycle jumps



In “Evel Live,” airing Sunday (8-11 p.m.) from Las Vegas on History, Pastrana will pay homage to the godfather of action sports, Evel Knievel, by attempting three of Knievel’s iconic jumps. Matt Iseman (“American Ninja Warrior”) will host the live telecast, featuring one jump per hour.

“Growing up, [Knievel] was such a larger-than-life figure, the first daredevil I ever remember,” says Iseman (one of his first toys was an Evel Knievel power-charge motorcycle). “And Travis [Pastrana] ... wants to pay homage to the originator and evoke what Evel Knievel meant, that sort of trailblazing style, to recreate these stunts.”

<https://nypost.com/2018/07/06/daredevil-hopes-to-best-evel-knievel-with-live-motorcycle-jumps/>

PRESS

THE WRAP



See TheWrap's NBC Press Day Portraits

Matt Iseman and Akbar Gbajabiamila, "American Ninja Warrior" Photographed by Irvin Rivera for TheWrap

<https://www.thewrap.com/nbc-press-day-exclusive-portraits-jennifer-lopez-justin-hartley-photos/>

NIH MedlinePlus
MAGAZINE

SUMMER 2018

Trusted Health Information from the National Institutes of Health

Updates on Blood Pressure

IN THIS ISSUE

Improving Kidney Transplant Access for All

Uncovering the Mysteries of Multiple Sclerosis

Summer Health & Safety Tips

COVER STORY

'American Ninja Warrior' Host and Comedian Matt Iseman Stands Up to RHEUMATOID ARTHRITIS



Matt Iseman: Rheumatoid Arthritis Warrior

Emmy-winning 'American Ninja Warrior' host opens up about health, career, and NIH research

What was it like at first?

I had just turned 30 and my symptoms started with pain in my right index finger and then spread to my feet, back, and neck. I was always exhausted and often sleeping up to 14 hours a day. I had been an athlete all my life, but couldn't work out at all and eventually gained 35 pounds. I saw a range of doctors, but no one could tell me what was wrong.

When I was finally told I had RA, I was relieved because I knew there was something I could do about it.

What's the good news?

The good news is when I started treatment (with a biologic medicine that helps reduce inflammation), it gave me my life back.

That is why I have been a passionate advocate, working with groups like the Arthritis Foundation to let others know that there is hope. Despite the fact that I am a doctor and understood the disease, I didn't know anyone who had it. Many who are newly diagnosed go online and see the worst-case scenario.

I want them to see me, someone who won "Celebrity Apprentice," who hosts "American Ninja Warrior," and travels the country doing stand-up comedy. I love sharing my story. There is hope. This is a disease you can lead a full life with.

What do you do to keep up your health and energy?

I used to play basketball, but I haven't played basketball or run since I was diagnosed. I like to tell people that whatever you are dealing with, don't focus on what you can't do, focus on what you can do. You will be amazed at what you can accomplish.

I have discovered yoga and pilates. They are terrific for building strength and flexibility. If you are dealing with RA, the saying goes "motion is lotion." The more you move the better you feel and the better your vitality.

Laughter has always been key for me, particularly when I was down before I was diagnosed. Stand-up comedy really saved my life at that point. No matter how bad I felt, I did stand-up comedy, laughing and making others laugh. Taking care of yourself physically and emotionally is key. And laughter is such a great tool.

What about the importance of having a strong support community?

No one does it alone. We talk about that on "American Ninja Warrior" and I talk about arthritis.

When you are newly diagnosed, your doctor, your nurse, and your family are going to talk to you. But it is also important to talk to someone who is going through or has been through what you are. Join a group to share stories and tips about living with RA.

NIH supports a great deal of research aimed at improving treatments for arthritis. Would you speak to the importance of this research?

I'm it. I'm walking proof of the importance of research like that done by NIH. The medication I'm on was discovered just four years before I was diagnosed.

We would not have advancements like this without the research supported by NIH. We need to make sure that researchers have the funding to develop even better treatments and one day find a cure. ■

"I'm walking proof of the importance of research like that done by NIH." — Matt Iseman



<https://medlineplus.gov/magazine/issues/summer18/articles/summer18pg14-15.html>

9



American Ninja Warrior

9/8c, NBC

For the most part, the elite athletes (athelites?) of *American Ninja Warrior* wow the crowd with their effortless agility. But some of the torture devices they tackle are straight-up messed up—even for the hosts on the sidelines. “Season 10 has continued to deliver with some of the hardest, most technical and physically challenging obstacles yet,” says Akbar Gbajabiamila. He and cohort Matt Iseman run down three of the toughest spots.

1 Spinning Bridge Qualifiers must conquer this Stage 1 staple by crossing four giant red balls that hang by chains and whirl under their feet. It’s a beast that has mentally messed with many a hopeful, says Iseman. “Even the best Ninjas fear balance obstacles, because one misstep and your season is over.”

2 Nail Clipper Like the upper-body version of the Spinning Bridge, this one tests Ninjas’ grip strength while they try to swing from suspended rotating cylinders with only mini-edges to grab (above). Akbar, who also lists the pegboard-from-Hell Iron Maiden as particularly tricky, luckily avoided the Clipper when he ran the course for the show’s Red Nose Day special in May.

3 Spider Climb Faced with a 35-foot-tall tower, “you have to propel yourself up with your hands and feet on walls that are about 4 feet apart,” says Iseman of the updated challenge, which has added in a trio of 100-pound doors to open. “This [comes] after nine previous obstacles,” he notes. “Anyone who hits a buzzer [following this] will have earned it!” —Damian Holbrook

<https://www.tvinsider.com/700025/american-ninja-warrior-season-10-interview-akbar-gbajabiamila-matt-iseman/>

Entertainment WEEKLY

What to Watch

A handy guide to solve your daily TV dilemmas
by SHIRLEY LI HONIGLESRP

LOVE SO SENSATIONAL

Macy's 4th of July Fireworks Spectacular

8-10PM | NBC

The United States of...American Ninja Warrior? Hosts Akbar Gbajabiamila and Matt Iseman unite for the patriotic broadcast featuring Blake Shelton, Ricky Martin, and Kelly Clarkson. “We’re proud to be Americans and to be celebrating the Fourth of July with everyone,” Iseman says. —Joe Longo

PRESS



MICHIGAN NINJA WARRIOR!



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Coach Jim reflects a little bit on "Improvement Week" and gives a brief preview of the upcoming matchup with Penn State. Then Matt Iseman, comedian and host of America Ninja Warrior joins the conversation with Coaches Jim and Jack along with guide Ira and Matt Dudek. The podcast concludes with #JackTalk and some great fatherly advice Jack learned years ago from his dad Bill Harbaugh, who would be celebrating his 104th birthday this week.

<https://www.podcastone.com/episode/Michigan-Ninja-Warrior>

MOTORTREND



CELEBRITY DRIVE: MATT ISEMAN OF "AMERICAN NINJA WARRIOR"

Quick Stats: Matt Iseman, comic/host/MD "American Ninja Warrior"

Daily Driver: 2008 Acura MDX (Matt's rating: 8 on a scale of 1 to 10)

Favorite road trip: The American West

Car he learned to drive in: Oldsmobile 98

First car bought: 2008 Acura MDX

Since *American Ninja Warrior* host and comic Matt Iseman bought his 2008 Acura MDX, he's been nothing but pleased with it. Although he's had an eye out for other cars, nothing else has met this medical doctor's criteria for a daily driver.

"I test-drove a lot of things when I was looking at [the MDX]—the Audi Q7, the Mercedes, the BMW X5. The thing I liked about the Acura—it was one of the best-handling SUVs. It handled like a car, which in L.A., as much driving as we do, I wanted something that handled well that didn't feel big and boat-ish. As far as tech, I think the Acura is ahead of the curve, nailing it."

When Iseman was growing up, his dad got one of the first Acuras that came out. That was when Iseman's appreciation for the brand started, although he admits it's not the flashiest one out there.

<https://www.motortrend.com/news/celebrity-drive-matt-iseman-of-american-ninja-warrior/>



Inside the new 'American Ninja Warrior' spin-off -- 'Ninja vs. Ninja'

"American Ninja Warrior" is back, only this time the television franchise is pitting the best ninjas against each other. In a revamp of the spin-off "Team Ninja Warrior," top ninjas will race side by side in "American Ninja Warrior: Ninja vs. Ninja," which premieres on Thursday at 9 p.m. EST on USA Network.

"Ninja vs. Ninja" mirrors the feel of traditional "ANW," except for the obstacles being bigger and badder. There are 36 teams, comprised of three competitors each (two men, one woman) that will race against each other for a total of three points. If no one sweeps all the points, then there is a relay to decide who moves on to the finals. This tweak from seasons past places equal value on each of the runs and teammate contributions. And in the "Ninja vs. Ninja" finals, each athlete will run the full nine obstacles, something that has never happened.

For competitors like Martin, "Ninja vs. Ninja" offers the opportunity to compete against the very best ninjas -- such as Jesse Labreck, Michelle Warnky and Barclay Stockett, among others -- in showdowns that otherwise would not be seen. Because "ANW" is an individual competition, "Ninja vs. Ninja" offers a rare opportunity to answer the fantasy question: What would a race between Martin and Labreck look like? "Ninja vs. Ninja" creates circumstances where such a matchup could happen.

<http://www.espn.com/espnw/culture/article/22612428/inside-new-american-ninja-warrior-spin-ninja-vs-ninja>



'Big Brother' Celebrity Edition: Everything to Know So Far

So what do stars and fans of the show like *Me, Myself and I's* Bobby Moynihan, *NSYNC's Lance Bass, *American Ninja Warrior* host Matt Iseman, *The Bachelorette* lead Kaitlyn Bristowe and MTV alum Spencer Pratt think about possibly walking through the *Big Brother* doors?

Iseman, who also won *Celebrity Apprentice*, jokes to *THR*, "I am way too emotional. I think it's easy for me to focus on long-term strategy sitting at home, but in the house I'd probably get myself evicted first week. Hell, my stay would likely be shorter than [season 19's] Cameron [Heard]." He adds, "I'm an emotional guy. I'm a bit too trusting." As for Iseman's favorite former winner? He picks season 16's Derrick Levasseur, who he says "blew him away."

Superfan Moynihan shares that sentiment. The actor and *SNL* alum, who credits fan sites like *Hamsterwatch* for keeping him up to date over the years, calls Levasseur a "phenomenal player." On joining the game himself, the actor jokes he wouldn't be able to cope with the constant camera surveillance and lack of privacy: "If I did it, I would never go to the bathroom." But Grodner and Meehan have their eyes on Moynihan, telling *THR* that having him join the cast "would be awesome."



<https://www.hollywoodreporter.com/live-feed/big-brother-celebrity-edition-all-details-know-1046180>

PRESS



MATT ISEMAN | LIFE IS SHORT; DO WHAT MAKES YOU HAPPY

<http://thesportsentrepreneur.com/matt-iseman/>



COMEDIAN, MATT ISEMAN VISITS CHILDREN'S HEALTHCARE OF ATLANTA!

<https://www.ryanseacrestfoundation.org/news/comedian-matt-iseman-visits-childrens->



USA NETWORK TAKING 'AMERICAN NINJA WARRIOR: NINJA VS. NINJA' TO THE NEXT LEVEL

<https://www.tvinsider.com/666960/matt-iseman-interview-usa-network-american-ninja-warrior->

AN 'AMERICAN NINJA WARRIOR' BIDS EMOTIONAL ADIEU TO HIS CANINE SIDEKICK

<https://www.tvinsider.com/423139/american-ninja-warrior-season-finale-brent-steffensen-mr->



AMERICAN NINJA WARRIOR: MATT ISEMAN DISHES ON NINJA VS. NINJA

<https://fansided.com/2018/03/15/american-ninja-warrior-matt-iseman-dishes-ninja-vs-ninja/>



'AMERICAN NINJA WARRIOR' SEASON 10 FIRST LOOK REVEALS THE SECRET TO ITS INSPIRATIONAL SUCCESS

<https://www.etonline.com/american-ninja-warrior-season-10-first-look-reveals-the-secret-to-its->



FIND OUT WHICH THIS IS US STAR WANTS TO COMPETE ON THE 'BRUTAL' AMERICAN NINJA WARRIOR

<https://people.com/tv/american-ninja-warrior-justin-hartley-compete/>



WATCH A DELIGHTFUL COMPILATION OF 'NINJA WARRIOR' HOSTS COMPLETELY LOSING IT

<https://ftw.usatoday.com/2018/04/ninja-warrior-matt-iseman-akbar-ghajabiamila>



RED NOSE DAY SPECIAL - SEASON 4

<https://parade.com/673232/paulettcohn/photos-exclusive-first-look-at-stars-wearing-their-red->



EMMY NOMINATION REACTIONS

<http://www.awardsdaily.com/2018/07/12/emmy-reactions/>



TOP 2018 EMMY NOMINATIONS

<https://awardswatch.com/2018/07/12/game-of-thrones-handmaids-tale-mrs-maisel-atlanta->



AMERICAN NINJA WARRIOR HOSTS EXPLAIN WHAT MAKES THE BEST CONTESTANTS

<https://www.cinemablend.com/television/2431620/american-ninja-warrior-hosts-explain-what->



INTERVIEW WITH MATT ISEMAN

<https://www.cpluscomedy.com/comedy/finding-a-comedy-space-with-matt-iseman>

PRESS

NINJA WARRIOR JUNIOR'S HOSTS TALK SPORTSMANSHIP AND COMPETITION

<https://www.americanninjawarrior.com/2019/2/22/18234964/american-ninja-warrior->

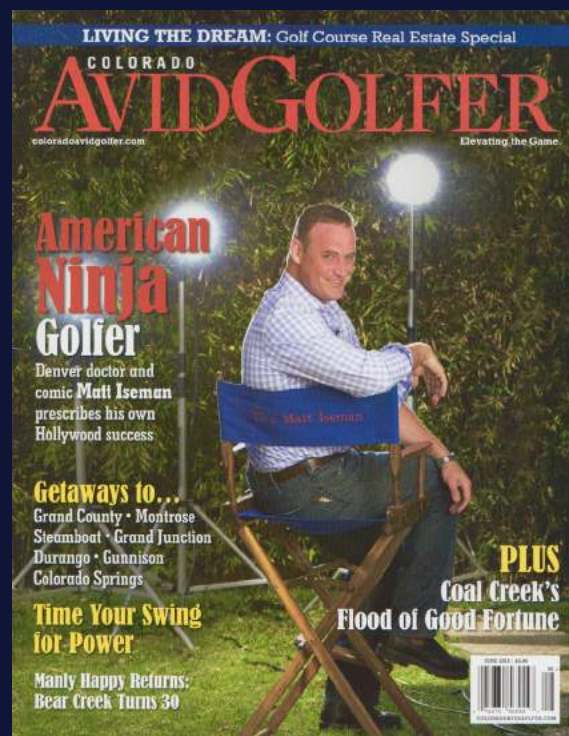


MATT ISEMAN'S #WARRIORWEDNESDAYS IS A POIGNANT NEW SERIES

<https://www.americanninjawarrior.com/2019/2/7/18215703/american-ninja-warrior->

MATT ISEMAN GIFTS US THE HAIR-METAL NINJA WARRIOR JUNIOR SONG WE DIDN'T KNOW WE NEEDED

<https://www.americanninjawarrior.com/2019/2/20/18232267/american-ninja-warrior->



PRESS: ON CAMERA



<https://www.today.com/video/-american-ninja-warrior-junior-hosts-put-anchors-skills-to-the-test-1446716995906>



<https://www.picklerandben.com/bachelorette-party-crashing-matt-iseman/>



<https://dailybuzz.mediamaxonline.com/dailybuzz/play/broadcast/vX3Y4Q9zokyfIOxbS8vY9g.mp4>



<https://www.ellentube.com/video/andy-zenor-woke-up-at-the-2018-primetime-emmys.html>



https://www.youtube.com/watch?time_continue=13&v=xdyBr1wJQoA



<https://people.com/peopletv/video/bs/00000164-012b-d960-a767-71ff98ad0000/chatte-feat-drake-matt>



https://www.nbcnewyork.com/on-air/as-seen-on/Matt-Iseman-ANWJR_New-York-498695331.html



<https://people.com/tv/matt-iseman-akbar-gbajabiamila-reveal-how-the-american-ninja-warrior-franchise-has>



<https://cheddar.com/media/little-ninjas-make-their-debut-in-american-ninja-warrior-junior>



<https://twitter.com/KFCradio/status/1057973027546181632>



<https://www.today.com/video/the-countdown-is-on-for-macy-s-firework-spectacular-hosted-by-american-ninja-warrior>



<https://www.youtube.com/watch?v=8hV0jpG5TZA>

PRESS: ON CAMERA



<https://www.accessonline.com/videos/american-ninja-warrior-host-akbar-gbajabamila-on->



<https://www.youtube.com/watch?v=F3KkBDhbpo>



<https://www.youtube.com/watch?v=qdm65mjZOeQ&feature=youtu.be>



<https://www.nbcnewyork.com/on-air/as-seen-on/American-Ninja-Warrior.html>



<https://www.today.com/video/american-ninja-warrior-hosts-preview-the-show-s-9th-season-1007462979755>



<https://www.golfchannel.com/video/which-golfer-could-be-american-ninja-warrior>



<https://www.youtube.com/watch?v=oi8LkV40k8w>



<https://www.youtube.com/watch?v=QzEIMEutn5g>



<https://www.buildseries.com/video/597667338c08e0065faf3ef4/>



<https://www.youtube.com/watch?v=24elseYHABs>



<https://ew.com/tv/2017/09/13/american-ninja-warrior-saved-contestants-family/>



<https://www.mensjournal.com/health-fitness/american-ninja-warrior-host-matt-ise-man-conquering->

PRESS: ON CAMERA



<http://www.foxla.com/good-day-la/279260450-video>



<https://www.goldderby.com/video/akbar-gbajabamila-and-matt-iseman-qa-american-ninja-warrior/>



<https://www.facebook.com/peoplemag/videos/10156125001613132/>



<https://www.today.com/video/megyn-kelly-and-roundtable-guests-look-back-on-1st-jobs-1311959619728?v=raila>



<https://www.youtube.com/watch?v=24okzmv4yPw>



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