



THRIVE 900 Stations

1 Decline Sit-Up Bench

1. Sit on sit-up bench with knees bent and feet under the support bar.
2. Place arms across chest, lean back until your back is just off the bench.
3. Return slowly to starting position and repeat.

2 Slam Ball Target

1. Stand with feet hip width apart and knees slightly bent. Hold the medicine ball with two hands at chest level.
2. With medicine ball at chest level and keeping chest lifted lower into squat position.
3. Pressing feet firmly in ground stand-up with an explosive movement and toss ball upward toward target.
4. Catching ball at chest level return squat position and repeat.

3 Variable Press

1. Grip bar in desired hand location with body straight and feet behind you in plank position.
2. Keeping arms close to body, bend arms to lower body until chest is slightly above bar and elbows are parallel with your torso.
3. Push upward using arms, returning to starting position and repeat.
2. Using arms pull body upward until shoulders are level with the bar.
3. Slowly return your body to starting position and repeat.

4 Variable Monkey Bars

1. Stand under the overhead ladder and raise arms above your head. With palms facing forward, leap up and grasp the rungs with both hands.
2. Keeping abdominals tight, use your core strength to swing legs to and fro to gain controlled swinging motion.
3. While moving, release one hand and grasp the second rung. Then, use swinging momentum to release the other hand from the first rung and grasp the third rung.
4. Repeat swinging from rung to rung until you reach the end. Reduce swinging momentum and release rung to return feet to the ground.

5 Balance Rope

1. Step onto the balance line, placing one foot in front of the other.
2. Hold arms out to the side at shoulder level. Carefully walk to travel the entire length of the balance line.
3. Once completed, step down from the balance line and repeat in the opposite direction.

6 Cardio Step Station

1. Stand facing agility box feet positioned 6" away from the box.
2. Beginning with the right foot, quickly step one foot after the other onto the box and back down.
3. Continue for 30 seconds then repeat switching lead foot.

7 Ball Slam Station

1. Sit on sit-up bench with knees bent, feet under the support bar and holding medicine ball at chest level with two hands
2. Holding medicine ball at chest level, lean back until your back is just off the bench.
3. Using core sit-up while tossing medicine ball toward target at top of the movement.
4. Catch ball at chest level in start position and repeat.

8 Variable Row Station

1. With palms facing outward grip bar in desired hand location.
2. Place feet on the ground in front, keeping abdominals tight and body in a straight line.
3. From suspended position, use arms to move your body until your chest touches the bar.
4. Hold your chest to bar for a 2-count. Slowly return to the previous position and repeat.

9 Inverted Cargo Climb

1. Stand facing the climbing net and grip the net cable with palms facing out. (For added difficulty stand facing the underside of the net.)
2. Grip net with hands, lift feet off the ground and begin to climb, moving laterally to traverse net.
3. Climb until you reach the top of the net, then return to start and repeat.

10 Gymnast Rings

1. Stand between rings and grasp one ring with each hand.
2. Using arms, raise your body until arms are straight and feet are off the ground with bent knees.
3. Keeping movement controlled and steady, slowly lower body by bending at the elbows and maintaining shoulders close to your sides until shoulder are almost even with hands.
4. Slowly return to straight arm position and repeat.

11 Gymnast Bar

1. With hands clasped at chest level stand with feet together and bar perpendicular to your right shoulder.
2. Slowly take a large lateral step to the right ducking under the bar and lowering into a lunge by sinking hips back and bending right knee, keeping knee aligned directly over right foot.
3. Push off the right foot to stand to straighten right leg, move your left foot to the right and return to starting position with feet together.
4. Repeat movement, stepping and lunging to the left to pass back under the bar and return to starting position.

12 Assisted Ring Station

1. Stand between rings and grasp one ring with each hand.
2. Using arms, raise your body until arms are straight and feet are off the ground with bent knees.
3. Keeping movement controlled and steady, slowly lower body by bending at the elbows and maintaining shoulders close to your sides until shoulder are almost even with hands.
4. Slowly return to straight arm position and repeat.

13 Knee-Lift Dip Station

1. Stand with feet on foot support with back against the backrest.
2. Place forearms on arm pads and your hands on grip handles.
3. Bring knees to waist level or higher and hold for a 5-count.
4. Return slowly to starting position and repeat.

14 Lateral Traverse

1. Stand under training station and raise arms above head. With palms facing each other leap up and grasp the handhold with one or both hands.
2. Keeping abdominals tight, use core, upper body strength and grip strength to transition from grip to grip.
3. While moving, release one hand and grasp the second grip. Then use controlled swinging momentum to release other hand and move to the next grip.
4. Repeat moving from grip to grip until you reach the last grip. Reduce swinging momentum and release grips to return feet to the ground.

15 Variable Overhead Rings

1. Stand between rings and grasp one ring with each hand.
2. Using arms, raise your body until arms are straight and feet are off the ground with bent knees.
3. Keeping movement controlled and steady, slowly lower body by bending at the elbows and maintaining shoulders close to your sides until shoulder are almost even with hands.
4. Slowly return to straight arm position and repeat.

16 Variable Pull-Up Station

1. Grip bar in desired hand location.
2. Using arms pull body upward until shoulders are level with the bar.
3. Slowly return your body to starting position and repeat.

17 Chain Ladder

1. Stand facing the ladder and grip rungs with palms facing out.
2. With firm grip lift feet off the ground and begin to climb, moving vertically and engaging core for stability.
3. Climb until you reach top, then return to start and repeat.

18 Dual Chain Pods

1. Stand facing the pods and grip chain with palms facing each other.
2. With firm grip lift feet off the ground and begin to climb placing feet on pods and moving vertically, engaging core for stability.
3. Climb until you reach top, then return to start and repeat.

19 Step Up Platforms (12", 18" and 24")

1. Stand facing plyometric box with both feet on ground and shoulder width apart.
2. Bend knees and jump upward toward the center of plyometric box, landing with knees bent.
3. Slowly stand then return your body to starting position and repeat.

20 Swedish Ladder

1. Stand with back toward Swedish ladder and both arms extended at arm's length overhead.
2. Using a wide or medium grip, grasp the bar and position legs straight down with the pelvis rolled slightly backward.
3. Raise legs until the torso makes a 90-degree angle with legs, return to starting position and repeat.