



THRIVE 250 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 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.

3 Step-Up Platforms (12" and 18")

1. Stand facing platform with both feet on ground and shoulder width apart.
2. Beginning with right leg, step to center of the platform and straighten light leg. Keep right leg behind you for counter balance.
3. Slowly return to starting position and repeat leading with left leg.

4 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.

5 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.

6 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.