

# THRIVE 900 WORKOUTS

BEGINNER AND INTERMEDIATE/ADVANCED WORKOUT PROGRAMS

[www.gametime.com/thrive](http://www.gametime.com/thrive)



A PLAYCORE Company





# Welcome!

Functional fitness prepares the body for real life activities by training your muscles to work together across a variety of planes and movements. THRIVE honors this functional movement with exercise stations designed to strengthen your muscles, as well as the synergistic stability and helper groups that together make us move more efficiently. This is functional fitness the way it was meant to be. This is real function for real people for the whole body and mind.

This is THRIVE.

Inside this guide you will find workouts for beginner and intermediate/advanced users for use with THRIVE 900. If you are unsure of your present level of fitness, start out with the beginner workouts and advance to the next degree of difficulty when you feel ready. Or, mix different workouts from each level to meet your specific needs.

## CONTENTS

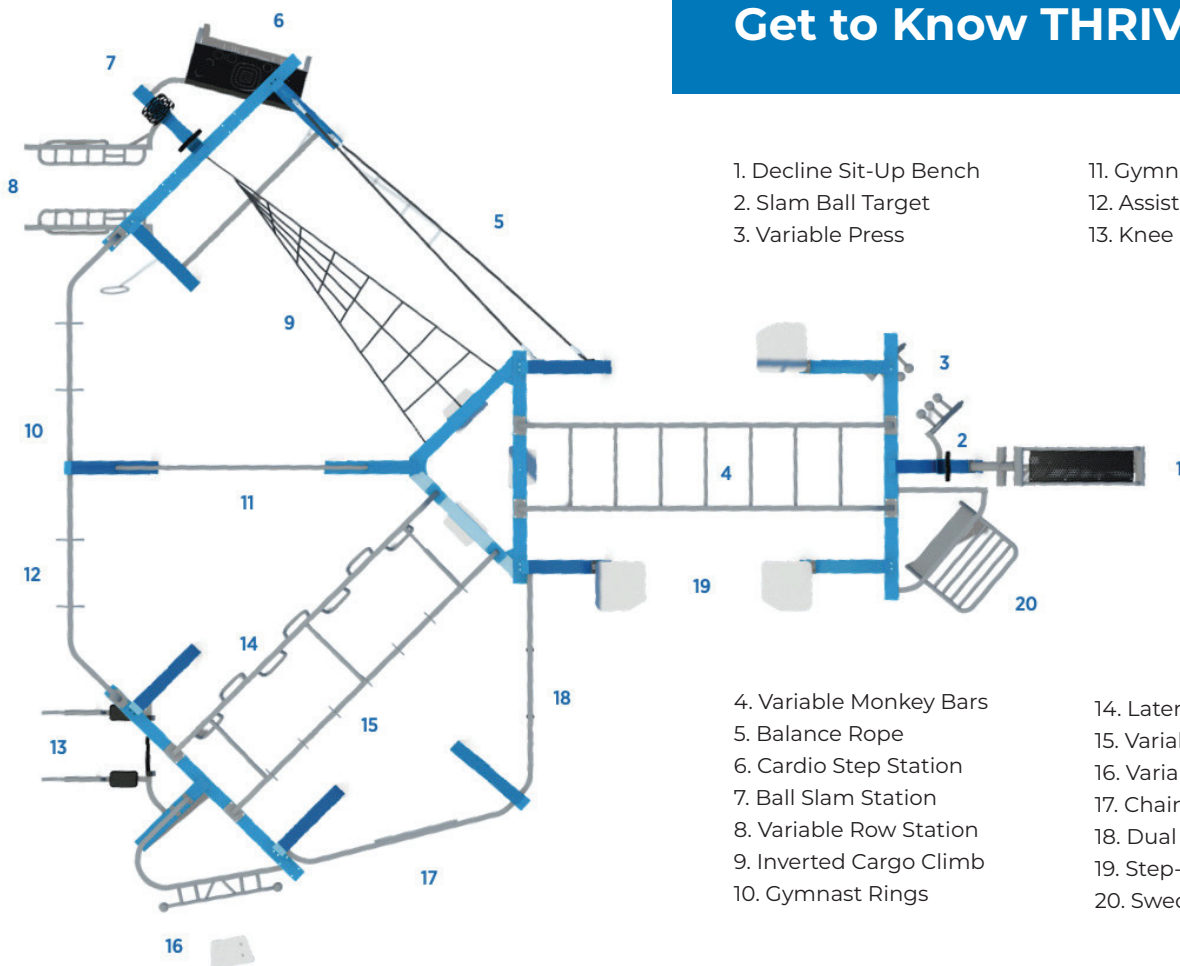
THRIVE 900 - Beginner	2
THRIVE 900 - Intermediate/Advanced	8

**IMPORTANT:** Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in the exercise. GameTime is not a licensed medical care provider and has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in an exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and hold GameTime harmless from any and all claims or causes of action, known or unknown, arising out of using products manufactured by GameTime. The information provided is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on in this guide. Never rely on the information in this guide in place of seeking professional medical advice. GameTime is not responsible or liable for any advice, course of treatment, diagnosis or any other information, services or products that you obtain or infer through this guide. You are encouraged to consult with your doctor with regard to this information contained in this guide. After reading articles, watching videos or reading other content from GameTime, you are encouraged to review the information carefully with your professional healthcare provider.

# THRIVE 900 Beginner Workout

We'll start with engaging the large muscle groups to warm up the body, get the cardiovascular system moving, and prepare the mind for the workout ahead. We're not lifting heavy weights here; this is whole-body, functional exercise, so it's okay to go through this entire routine on a single visit. As you familiarize yourself with each station and exercise, you might design your own program, doing certain stations this day and other stations on another day. THRIVE is made to be flexible to fit your needs.

## Get to Know THRIVE 900



- 1. Decline Sit-Up Bench
- 2. Slam Ball Target
- 3. Variable Press

- 11. Gymnast Bar
- 12. Assisted Ring Station
- 13. Knee Lift Dip Station

- 4. Variable Monkey Bars
- 5. Balance Rope
- 6. Cardio Step Station
- 7. Ball Slam Station
- 8. Variable Row Station
- 9. Inverted Cargo Climb
- 10. Gymnast Rings

- 14. Lateral Traverse
- 15. Variable Overhead Rings
- 16. Variable Pull-Up Station
- 17. Chain Ladder
- 18. Dual Chain Pods
- 19. Step-Up Platforms
- 20. Swedish Ladder

## **Exercise One: Step-Up Platforms**

We're going to work our legs and glutes here. This is very important for today's active lifestyles. Many of us have office chair jobs and spend lots of time sitting in traffic. This can make our glutes and hips weak, causing all kinds of issues. This exercise will strengthen those important muscles that keep us walking upright.

### **Step Up**

Facing the 12" step, place one foot flat on the platform. With your arms naturally resting at your sides, so that they can swing forward for balance when you step, press into the platform, stepping up and bringing your lower foot up to or onto the platform and then lower back down. Repeat on one side and then the other. The number of repetitions is up to your ability to perform them, but be honest with yourself. Don't quit early, but don't injure yourself.

## **Exercise Two: Swedish Ladder**

Continuing with large muscle groups, we're going to spend some time at this station performing multiple exercises.

### **Ladder Climb**

Just climbing the ladder up/out/down and back up provides many benefits, including cardio and muscle strength. It also enhances spatial awareness, agility, and dexterity. Many muscles are involved in a seemingly simple movement. This also provides for a great warm-up. Climb to the top and touch one of the upper/outer rungs, then climb back down and repeat 5 – 10 times.

### **Step-Up Negative Pull-Up**

If you can't quite do a Pull-Up, this exercise will strengthen and prepare the muscles to get there. Step up the ladder until your arms can reach the angled section, position them in the up portion of a Pull-Up where the arms are fully bent, then step off the ladder to hang, and slowly lower yourself down until arms are straight. Step back on the ladder and repeat. This style of exercise is called a negative, where the engaged muscles are lengthened, while contracting at the same time. These are great exercises that will increase strength and muscle, when a positive contraction isn't able to be performed. Pretty soon, you're able to do one Pull-Up, then two and so on. It's all about progression.

### Assisted Pull-Up

Step/climb to the overhang bars. Climb up to a comfortable rung, grip with hands a little wider than shoulder width. Step up the ladder until your arms can reach the angled section, position them in the up portion of the pull up with knees/legs straight with feet resting on the step rung. Now, using the feet only as security, try to lower your body slowly while bending the knees, trying to focus on letting the arms do most of the work. Same thing on the Pull-Up portion. Use legs to assist, but concentrate on arms and back to pull up. How much assist you use your legs for is up to you, but challenge yourself. These assisted Pull-Ups will progress into unassisted hanging Pull-Ups.

### Calf Raise

Place the front of your feet on one of the lower rungs. Hold onto a rung with both hands at a comfortable height. Raise and lower your body using your calves. Repeat until you are tired.

## Exercise Three: Sit-Up Bench

### Crunches

Sit on the bench, locking your legs into position with the top bar directly on the back side of your bent knee and the bottom bar resting on top of your feet. Then, slowly lie backwards and find a comfortable starting position. Make any body adjustments necessary. Cross arms across your chest, placing the palm of each hand in front of the opposite shoulder. Do not wrap your hands behind your neck. Slowly crunch upward/forward and touch elbows to knees and slowly lower back down. Repeat 5-10 times.

### Negative Crunch

If you cannot crunch upward, very slowly lower yourself down to a position from which you can comfortably pull your body weight back to the sit-up position. This is a 'negative' contraction and will build strength to progress into a positive contraction. Repeat 5-10 times.

## **Exercise Four: Variable Pull-Up Station**

This exercise is great for building mass and increasing upper-body strength. The two main variations of this exercise are the Pull-Up and the Chin-Up. The Pull-Up is performed with your palms facing away from you. The Chin-Up is performed with your palms facing toward you. Pull-Ups are usually more difficult than Chin-Ups, so if you're a beginner, start with Chin-Ups. In either exercise, if you can only do one or two repetitions, release the bar, wait 30 seconds, and do one or two more.

### **Chin-Up**

With your palms facing toward you and hands placed slightly wider than shoulder width, pull your body upwards towards the bar, bringing your chin above the bar. Lower your body back down in a controlled movement and repeat. Concentrate on using the back muscles.

If you can't pull yourself up, grip the bar and just hang as long as you can, while pulling your shoulder blades toward each other slightly to engage the back muscles. This too, will engage the same muscles used in a Pull-Up. Then add little movements, contracting the back muscles and as you progress.

### **Pull-Up**

Same technique as a Chin-Up, but with your palms facing away from you.

## **Exercise Five: Knee Lift/Dip Station**

### **Knee-Lift**

With your back against the backboard, facing away from the unit, lock the forearms into place on the black pads while gripping the handles, allowing the feet to dangle. Lift both legs together, bending the knees and using the abdominal muscles to crunch the legs upward into a tucked position. Slowly lower your legs and repeat.

### **Dip**

Facing the unit, grip the top handles and lift yourself up to hold the body in position, supporting yourself with just your arms. Slowly lower down by bending at the elbow, then press back up. The range of motion is up to you. Doing slight bends and back up is a great way to begin. As you progress, go deeper.

### Assisted Negative Dip/Hold

If you're not quite ready for the full dip exercise, grip the handles as you would normally and assist yourself into position with a small jump up. Hold for a few seconds, then slowly lower yourself down to the ground. This is a negative muscle contraction, but will prepare the body for the positive dip exercise.

### Modified Row

Facing away from the unit, kneel down and grip the underside of the dip handles. Straighten out your legs in front of you, with your heels resting on the ground. Start by hanging with straight arms and pulling yourself up, squeezing the back and shoulders together and slowly lowering back down. This modified row takes most of the weight off, while building the muscles towards a full Pull-Up.



THRIVE Swedish Ladder



### **Exercise Six: Variable Press**

A traditional push-up is performed parallel with the ground. This station allows you to decrease the resistance or amount of weight you're pressing when you vary your grip heights. The higher the grip bars, the easier the press will be.

#### **Push-Up**

Facing the unit, grip the top bars with your feet behind you and your body straight (as in a push-up position). Begin by lowering your body towards the bars by bending at the elbows. Once all the way down, press back up/away from the bars until the elbows are straight. Repeat.

If you cannot push up, start in the up position and slowly lower yourself towards the bar. This "negative" muscle contraction will increase strength until you can push up or perform a positive contraction. Reset and repeat. If you can do more than 15 repetitions, move your hands to the next lower bar and so on.

### **Exercise Seven: Variable Monkey Bars**

Most of us played on the monkey bars when we were kids. We know how to do this exercise, but you might not be able to do it as an adult...not yet, anyway.

#### **Modified Monkey Swing**

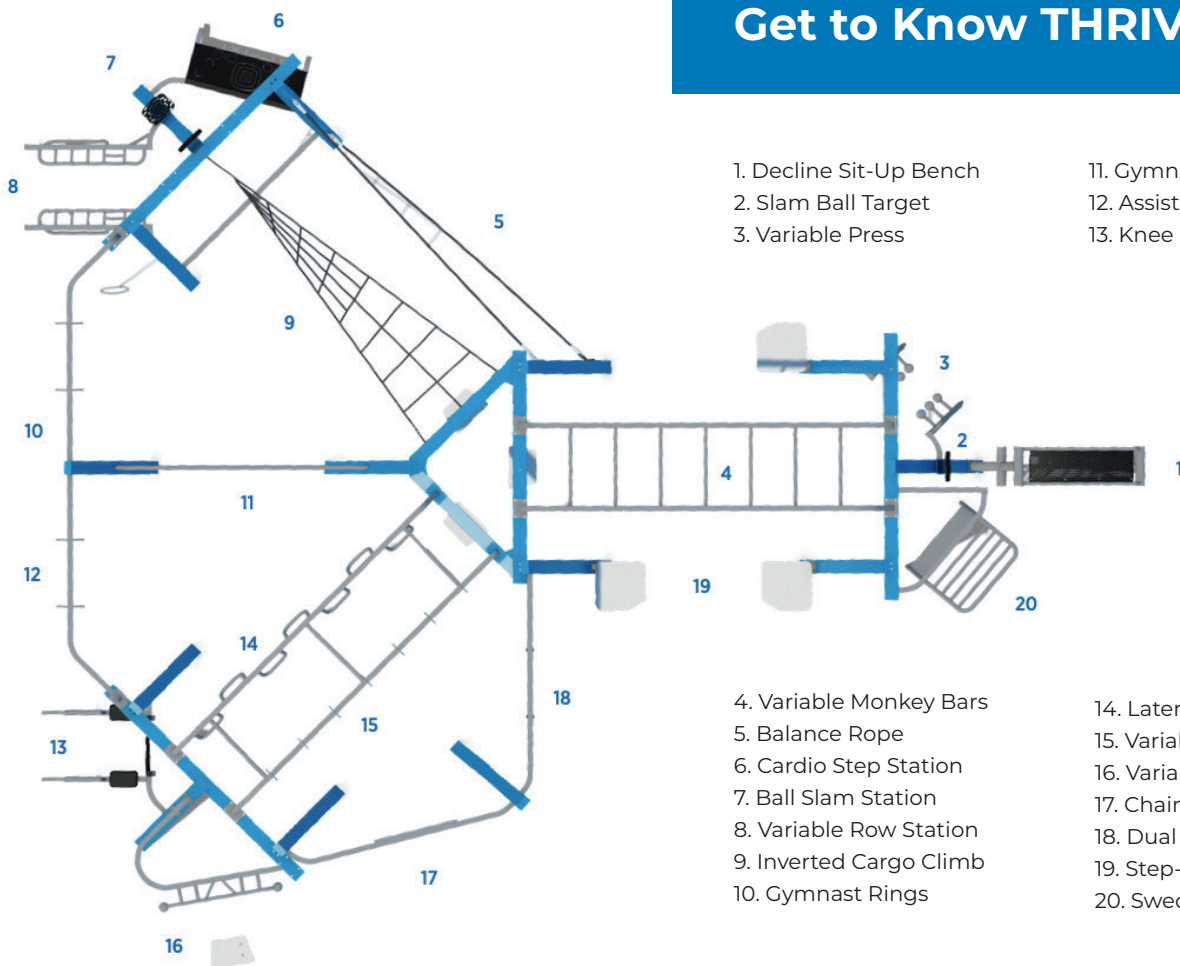
Step up on the platform, reach overhead and grasp the first bar. If you're not quite ready to swing from bar to bar like a monkey, release one hand and grasp the bar directly in front of you. Now release the back hand to reach forward and grab that same bar. Continue forward in this fashion. If you just make a one bar transition, that's a great start. Keep trying!

# THRIVE 900 Intermediate/Advanced Workout

So, you're an experienced exerciser, which means, you know what you're capable of and have a solid grasp on your routine; warm up, strength, skill, and overall ability. So, let's get to it.

The number of sets and repetitions is subjective to each individual. With bodyweight exercises, its about being in tune with your body. There is no number of reps that works for everyone. The goal here is to move...and to keep moving.

## Get to Know THRIVE 900



- 1. Decline Sit-Up Bench
- 2. Slam Ball Target
- 3. Variable Press
- 4. Variable Monkey Bars
- 5. Balance Rope
- 6. Cardio Step Station
- 7. Ball Slam Station
- 8. Variable Row Station
- 9. Inverted Cargo Climb
- 10. Gymnast Rings
- 11. Gymnast Bar
- 12. Assisted Ring Station
- 13. Knee Lift Dip Station
- 14. Lateral Traverse
- 15. Variable Overhead Rings
- 16. Variable Pull-Up Station
- 17. Chain Ladder
- 18. Dual Chain Pods
- 19. Step-Up Platforms
- 20. Swedish Ladder

## Exercise One: Step-Up Platforms

### Step Up

Facing the 18" step, place one foot flat on the platform. With this deeper step, we're adding more resistance and greater range of motion. With your arms naturally resting at your sides, so that they can swing forward for balance when you step, press into the platform, stepping up and bringing your lower foot up to or onto the platform and then lower back down. Repeat on each side.

### Hop-Step

For a more challenging cardio warm-up, face the 12" platform. Using your left leg to push off, hop-step up with your right leg onto the platform, followed by your left leg. Reverse the process back down to the ground. On the next hop-step, change legs and repeat.

### Plyometric Jumps

Using the platforms as plyometric boxes, face the 12" platform and jump up onto it with both feet. Now jump back down. Repeat five times. If comfortable, move up to the 18" platforms and repeat for five more times. If you're ready, move up to the 24" platform and repeat another five times. Get some water and catch your breath.

## Exercise Two: Swedish Ladder

### Hanging Leg Raise

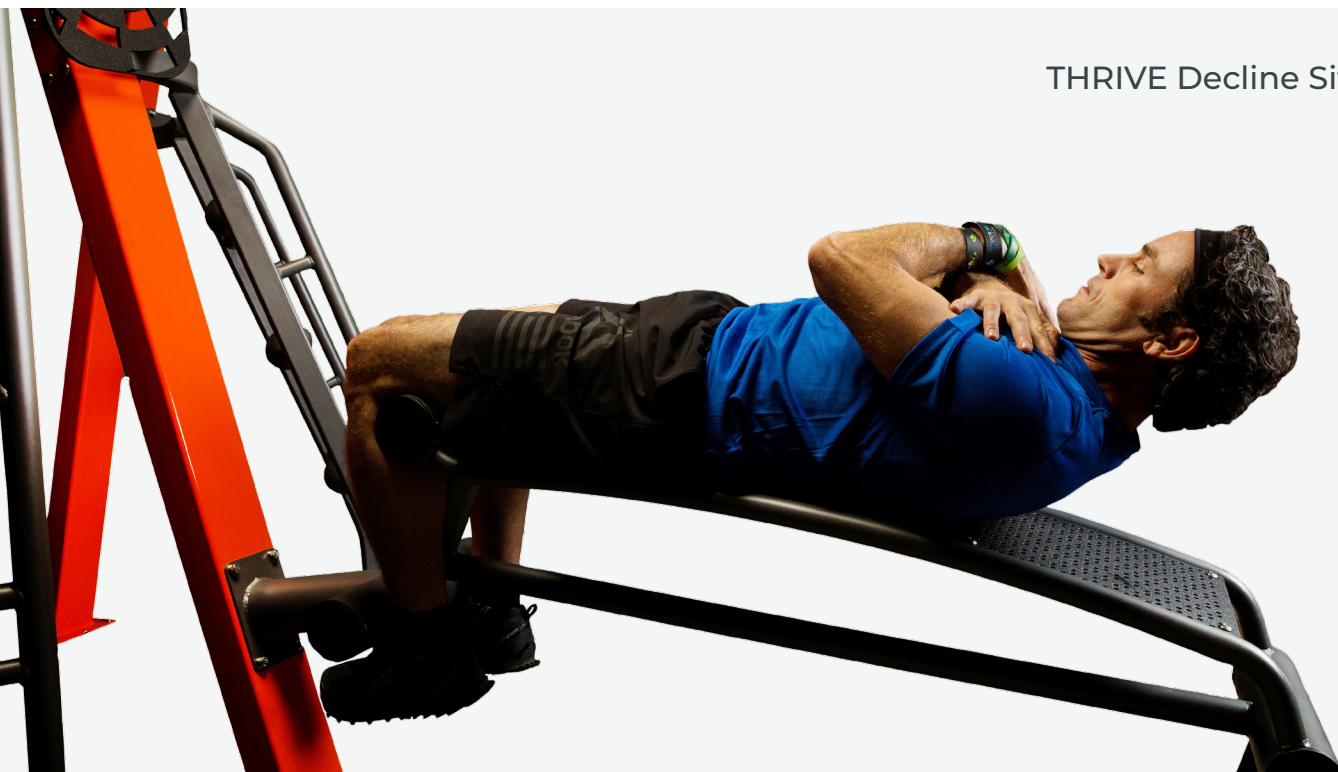
Stand with back toward ladder, extend arms overhead and grip the bar just above your reach. Raise your legs using your ab muscles. Slowly lower your legs back down. Repeat to fatigue. If this grip isn't high enough, step up one or two rungs and grip a higher upper bar.

### Calf Raise

Stand with the front of your feet on one of the lower rungs while holding onto a rung at a comfortable height. Raise and lower your body using one leg/calf at a time. Repeat to fatigue on one leg and then switch to the other.

## Triceps Extension

Facing the ladder, pick a rung and grasp with both hands, gripping the bar as if in a push-up position (the higher the rung, the easier the exercise). Step back and extend the arms, so that it looks like you're pushing the unit away from you. From here, only bend at the elbows, lowering your body as your elbows bend. Then extend the arms, straightening the elbow joint. Repeat.



THRIVE Decline Sit-Up Bench

## Exercise Three: Decline Sit-Up Bench

### Crunches

Sit on the bench, locking your legs into position with the top bar directly on the back side of your bent knee and the bottom bar resting on top of your feet. Then, slowly lie backwards and find a comfortable starting position. Make any body adjustments necessary. Cross the arms across the chest, placing the palm of each hand in front of the opposite shoulder. Do not wrap your hands behind your neck. Slowly crunch upward/forward and touch elbows to knees and slowly lower back down. Repeat.

### Sit-Up/Slam Ball

While holding a medicine ball at the chest, perform sit ups as normal, but as you come up, push/throw the ball into the black target plate, like a basketball pass. You'll have to hold yourself up and pause for a second to catch it on the return. As you catch it, lower back down. Repeat.

### Exercise Four: Variable Pull-Up Station

This exercise station works the lats (large back muscles), biceps, pecs, and middle back. It's a great station for building mass and increasing upper-body strength.

#### Pull-Up

With your palms facing away from you and hands placed slightly wider than shoulder width, pull your body upwards towards the bar. Bring your chin above the bar. Lower yourself back down in a controlled movement and repeat. Concentrate on using your back muscles. Repeat to fatigue, rest, then try again with another set of repetitions.

Explore the other grip handles. This will change the angle of the muscles being worked. The wider the grip, the more challenging it is. Whether you can do one, two, or ten repetitions is up to your ability. Keep the repetitions going, until you can't perform any more.

#### Grip-Switch

Starting in a Pull-Up position, grip one handle with one hand and another with your other hand. Keep moving, switching to a different grip each time. For an added challenge, do this with bent elbows.

## **Exercise Five: Knee Lift/Dip Station**

### **Knee-Lift**

With your back against the backboard facing away from the unit, lock the forearms into place on the black pads. Grip the handles and allow your feet to dangle. Lift both legs together bending the knees, using the abdominal muscles to crunch the legs upward into a tucked position. Slowly lower your legs back down and repeat. To add a degree of difficulty, instead of bending at the knee, extend the legs, but keep knees slightly bent during the extension.

### **Dip**

Facing the unit, grip the top of the handles and lift yourself up to hold the body in position, supporting yourself with just your arms. Slowly lower your body by bending at the elbow, then press back up. Repeat.

## **Exercise Six: Variable Press**

A traditional push-up is performed parallel with the ground. This station allows you to decrease the resistance or amount of weight you're pressing when you vary your grip heights. The higher the grip bars the easier the press will be, but this is an advanced workout - go low!

### **Push-Up**

Facing the unit, grip the lowest bars with your feet behind you and body straight as in a push-up position. Begin by lowering your body towards the bars by bending at the elbows. Once all the way down, press back up/away from the bars until the elbows are straight. Repeat 15 times.

## Exercise Seven: Variable Monkey Bars

Most of us played on the monkey bars when we were kids. We know how to do this exercise, but you might not be able to do it as an adult...not yet, anyway.

### Monkey Swing

Step up on the platform, reach overhead and grasp the first bar. From there, swing forward, releasing one hand and using that hand to reach the next bar, grasping onto it and then releasing the back hand. Use the back hand to reach the next bar, passing the one you're currently gripping and so on, just like a monkey would. Once you get to the other side, turn and repeat.



## Exercise Eight: Variable Row Station

### Row

There are variable grip positions and different heights to choose from at this station - the higher you go, the less resistance. Choose the lower bars for a more challenging workout. Choose your bar height and grip. Face away from the unit. Position your feet in front of you, legs straight, heels on the ground, and with a tight core. Pull your body up until your chest is parallel to the bars. Hold and lower back down. Repeat this rowing motion 15 times.

## **Exercise Nine: Ball Slam Station**

### **Squat Toss**

Face the target, stand with feet about hip width apart and hold a medicine/slam ball at chest level with both hands. Squat down, keeping knees over ankles, and with a power movement, come back up and toss the ball up into the target. Catch it on the return and lower back down into a squat. Repeat.

## **Exercise Ten: Assisted Rings Station**

### **Ring Dip**

Stand between the rings and grip one ring with each hand. Using your arms, and with some assistance from your legs, lift your body up. Suspend yourself on the rings with bent knees. Similar to a dip, lower yourself down by bending your elbows. When you reach the bottom of the movement, press back up by straightening the elbows. Repeat up and down. Unlike a fixed dip station, the rings require a greater amount of control and engage more of the secondary muscle groups.

## **Exercise Eleven: Lateral Traverse**

### **Traverse**

Reach up and grasp the first bar with both hands. Reach forward to grasp the next handhold, bringing the trailing hand next to it, then repeat, reaching behind you to grab the next hold, working your way along the bar, then dropping back down. Repeat.

## **Exercise Twelve: Cardio Step Station**

### **Hop Steps**

Using your left leg to push off, hop-step up with your right leg onto the platform, followed by your left leg. Reverse the process back down to the ground. On the next hop-step, change legs. Repeat and keep this motion going for an intense cardio workout. When you're finished, grab some more water.



## Exercise Thirteen: Variable Overhead Rings

### Overhead Ring Traverse

Think of this exercise like traversing monkey bars, but these rings move and provide a free swinging motion. They also offer a greater grip challenge. Start on one end, jump up and grasp the first ring with one hand and quickly grip the next ring with the other hand. Pull back with trailing arm, bending elbow to create enough momentum to release trailing hand and grab next ring. Traverse the distance to the other side, swinging and gripping from one ring to the next. Once there, drop down, rest, and repeat.

## Exercise Fourteen: Balance Rope

### Rope Walk

This station will challenge the whole body. Step onto the balance rope while grasping the upper grip line with your hands. Traverse the rope to the other side.



## **Exercise Fifteen: Gymnast Bar**

### **Slip Training**

In boxing, this is called slip rope training. Stand on one end with your shoulder touching the bar and your hands at chest level in a boxing pose. Duck down, while taking a lateral and forward step under the bar. Start with the foot that's next to the bar. Once on the other side, pop back up, then perform the same movement to the other side. Repeat until you reach the end.

Advanced Option: Performing the same slip rope motion, add some boxing jabs (ensuring clearance of the metal upright) as you move. Try moving forward and backward. Welcome to slip-rope training!

## **Exercise Sixteen: Dual Chain Pods**

### **Chain Climb**

Grip the chain with both hands. Step up onto the first foot pod. This takes balance and lots of different muscles to just maintain this position. Move up the chain to the next pod and continue to the top. Reverse the motion until you reach the ground.

## **Exercise Seventeen: Inverted Cargo Climb**

### **Net Traverse**

Facing the concave (top) side of the net, start on the lower end. Grip the net with both hands, step up and begin to climb/traverse the net laterally, up to the high end. Once there, traverse back and repeat.

Advanced Option: Facing the convex (underside) of the cargo net adds more difficulty and requires a stronger grip. It also offers a more challenging foot placement and movement path. Grip the net with both hands, step up and begin to climb/traverse the net laterally, up to the high end. Once there, traverse back and repeat.

## Exercise Eighteen: Chain Ladder

### Ladder Climb

Facing the ladder, grip the rung in front of you with palms facing away from you. Climb as you would a ladder. When you reach the top, reverse back to the ground and repeat. Unlike a stable ladder, the chain ladder adds difficulty, because of its movement. This engages stabilizer muscles in a way that aren't used with a stable ladder.





[www.gametime.com/thrive](http://www.gametime.com/thrive)



A PLAYCORE Company