



## THRIVE 450 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.

### 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 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 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.

### 7 Step Up Platforms (12", 18" and 24")

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.

### 8 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.