





## 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.



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