

Activation Station - Ginosar Convention by Tair Lissauer

Rope	1	2
1	Side plank with shoulder rotation	Side to side lunges with single hand slams R.L
2	Moon climber to knee tuck	OH L-sit

Slam Ball	1	2
1	Over the shoulder	Single hand pushups with opposite shoulder flexion
2	Roll over to jump	Single hand push ups with opposite shoulder flexion

Wall ball	1	2
1	Split jumps rotational toss (Asymmetric)	Partner ball
2	Sit ups tosses	Cross roll in planks

Box	1	2
1	Lateral Step ups jump / Lateral jumps over	dips
2 Bulgarian bag	Criss cross with bag on ankles	Scapula swing R Scapula swing L

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