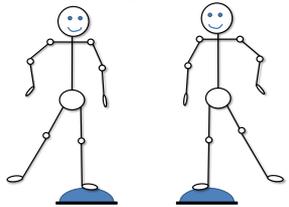


**1 Balance**



✦

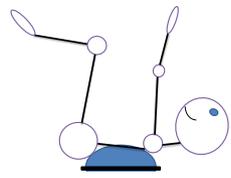
**2 One Leg Balance**



1. Start with both feet on the ball.
2. Slowly take one foot off the ball.

✦

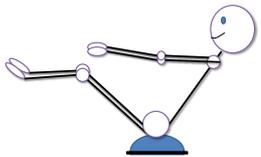
**3 Dead Bug**



Challenge: Try to keep your body as still as possible

✦

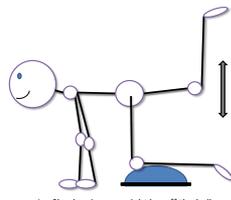
**4 V-Sit**



1. Hands can rest on the BOSU ball  
OR
2. Arms can be parallel to BOSU ball

✦

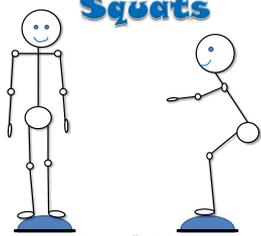
**5 Hip Extensions**



1. Slowly raise your right leg off the ball.
2. Raise and lower the right leg. Switch legs.

✦

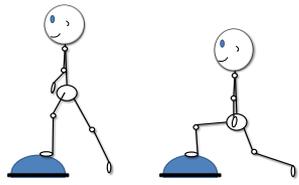
**6 Squats**



1. Complete the squat off the ball.
2. Start in the standing balance position.
3. Slowly perform a squat (similar to sitting in a chair)

✦

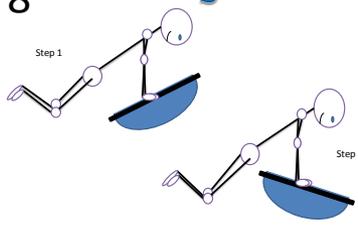
**7 Push Step**



1. Step onto the ball with the left foot, make sure the knee does not go over the toe.
2. Challenge: drop into a lunge or add a hop as you push off the dome.

✦

**8 Kneeling Tilts**

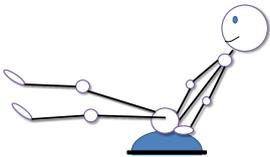


Step 1

Step 2

✦

**9 Scissors**



1. Complete scissors off the ball.
2. Alternate kicking feet while balancing on BOSU
3. Challenge: Lift hands off BOSU

✦