

# BOSU Ball

## *What is a BOSU ball?*

BOSU (aka Both Sides Utilized) is a versatile piece of exercise equipment that is used to enhance performance of balance, stability, and core. It can also be used to enhance strength and power through jumping and explosive movements. Minimal exercise space is needed when using a BOSU ball. The BOSU costs around \$100, weighs approximately 13 pounds, and is made of sturdy, durable plastic.

## *How to use a BOSU ball?*

The BOSU ball can be used as a compliment to an existing workout by improving balance, proprioception, stability, and kinesthetic awareness (i.e. how your body moves in space). When using a ball, your body is constantly moving therefore stabilizer muscles are engaged to keep your body balanced.

In addition, BOSU ball exercises can increase the intensity of your exercise routines. For example, performing a plank on the floor is less challenging than performing a plank on a BOSU ball. Performing a yoga or step aerobics routine on the ball can create additional fitness challenges.

Listed below are several ways to use a BOSU ball to enhance your workouts:

1. Cardio (ex. hops, jumps, lunges)
2. Flexibility (ex. standing or kneeling on the ball while performing stretches)
3. Strength (ex. squat, dead lifts, push-ups, or include free weights with the exercises)
4. Core (ex. abdominal or low back exercises)

## *Safety*

Performing exercises on a BOSU ball can be difficult because the environment is constantly changing. With each move your center of gravity changes; therefore it is important to maintain proper alignment when performing the exercises. For example, try not to slump or round your back or shoulders. Take your time and perform each exercise slowly; this will aid in keeping and maintaining your balance while on the ball.

First, be able to perform the exercises successfully on the floor before attempting the exercises on the BOSU trainer. The BOSU adds a level of challenge so make sure to test your balance, stability, core, and strength on a stable surface first.

1. If you feel unstable while on the ball, use a contact point (i.e. chair, wall).
2. Perform exercises slowly to maintain your balance.

### ***How long should a BOSU routine last?***

First complete a total body warm-up 3-5 minutes, before beginning a BOSU routine. A routine can last from 10-40 minutes. The chart below provides a guide for beginners to elite levels of fitness.

<b>Fitness Level</b>	<b>Number of Exercises</b>	<b>Number of Sets</b>	<b>Number of Reps or Secs per exercise</b>
<b>Beginner</b>	5-10	1	8-10
<b>Intermediate</b>	15	1-2	15
<b>Advanced</b>	20	2-3	15-20
<b>Elite</b>	20-25	3	20+

### ***How do I create a BOSU exercise routine?***

Make sure to familiarize yourself with each of the exercises. Complete the exercise on the floor first before performing the exercise using the BOSU ball.

To begin, select five exercises. Arrange the exercises from 1 to 5. Start with the 1<sup>st</sup> exercise and go through to the 5<sup>th</sup> exercise and then go backwards from 5 to exercise 1. Start by performing one repetition of each exercise then progress to 5, 10, 15, etc. Remember to go slow when performing each exercise.

Here are two routines to try:

- Beginning BOSU routine
- Intermediate BOSU routine