

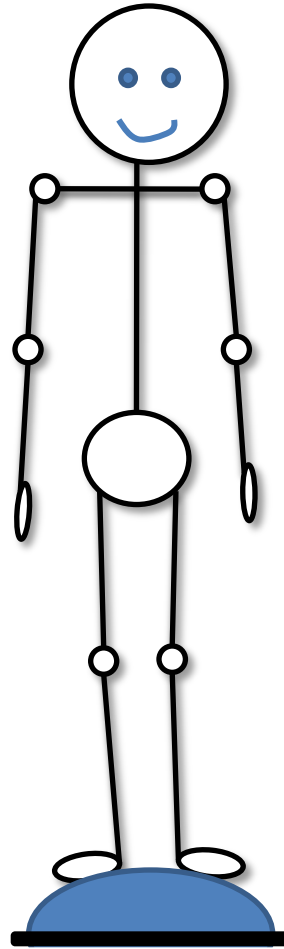
The page is decorated with several stars. There are four large grey stars in the corners and several smaller grey stars scattered throughout the background. The text 'BOSU' is written in a large, blue, stylized font with a white outline and a drop shadow. The letters are bold and have a slightly irregular, hand-drawn appearance. The letter 'B' has a small star on its left side, and the letter 'U' has a small star on its top right side.

BOSU

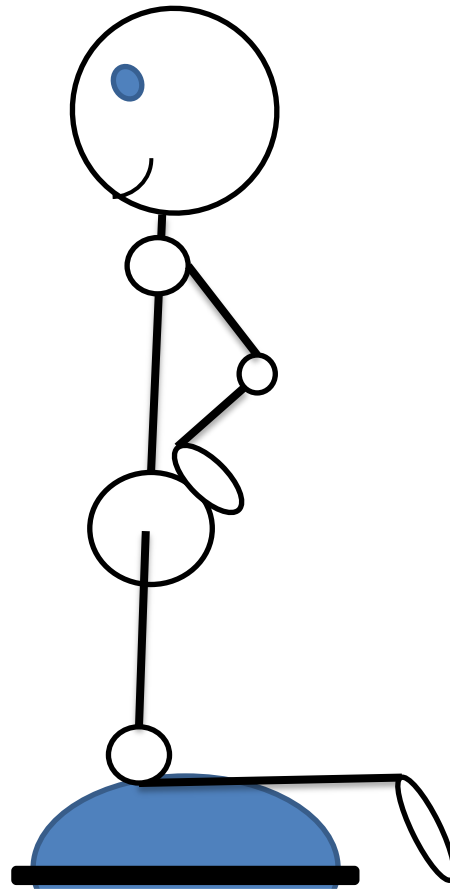
Exercices



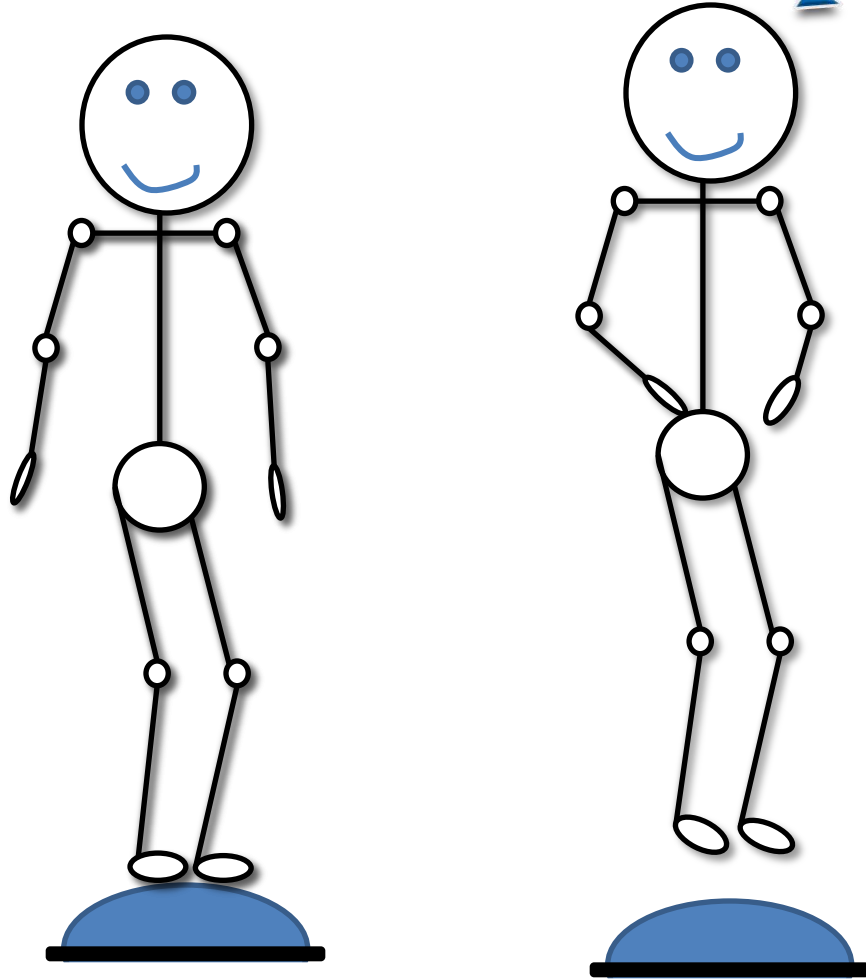
Balance



Knee Balance

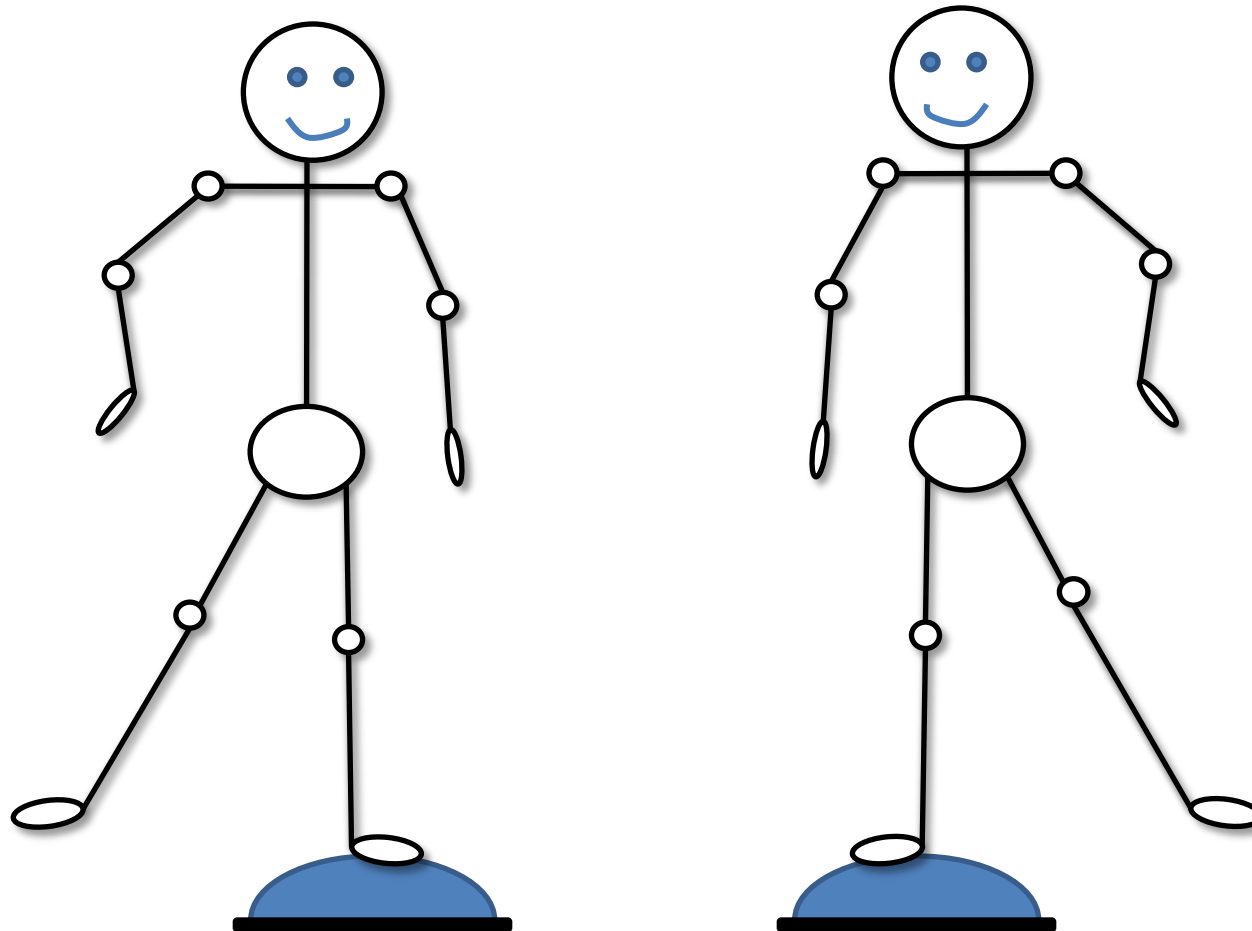


Ball Jumps



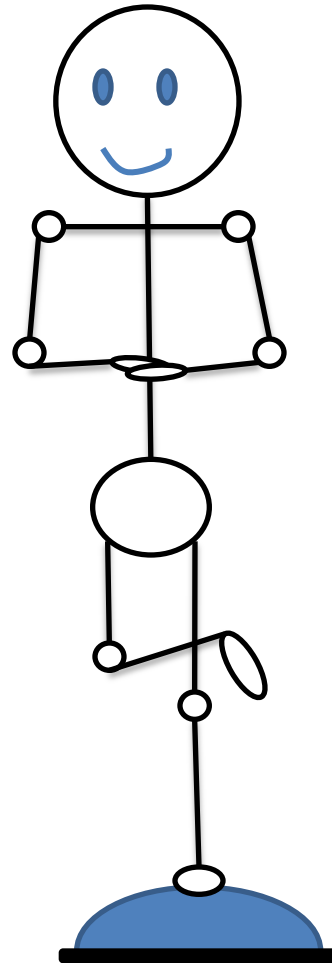
1. Complete the jump on the floor. Can you land without losing your balance?
2. Complete a low jump on the ball.
3. Try to land on the ball and maintain your balance.

One Leg Balance



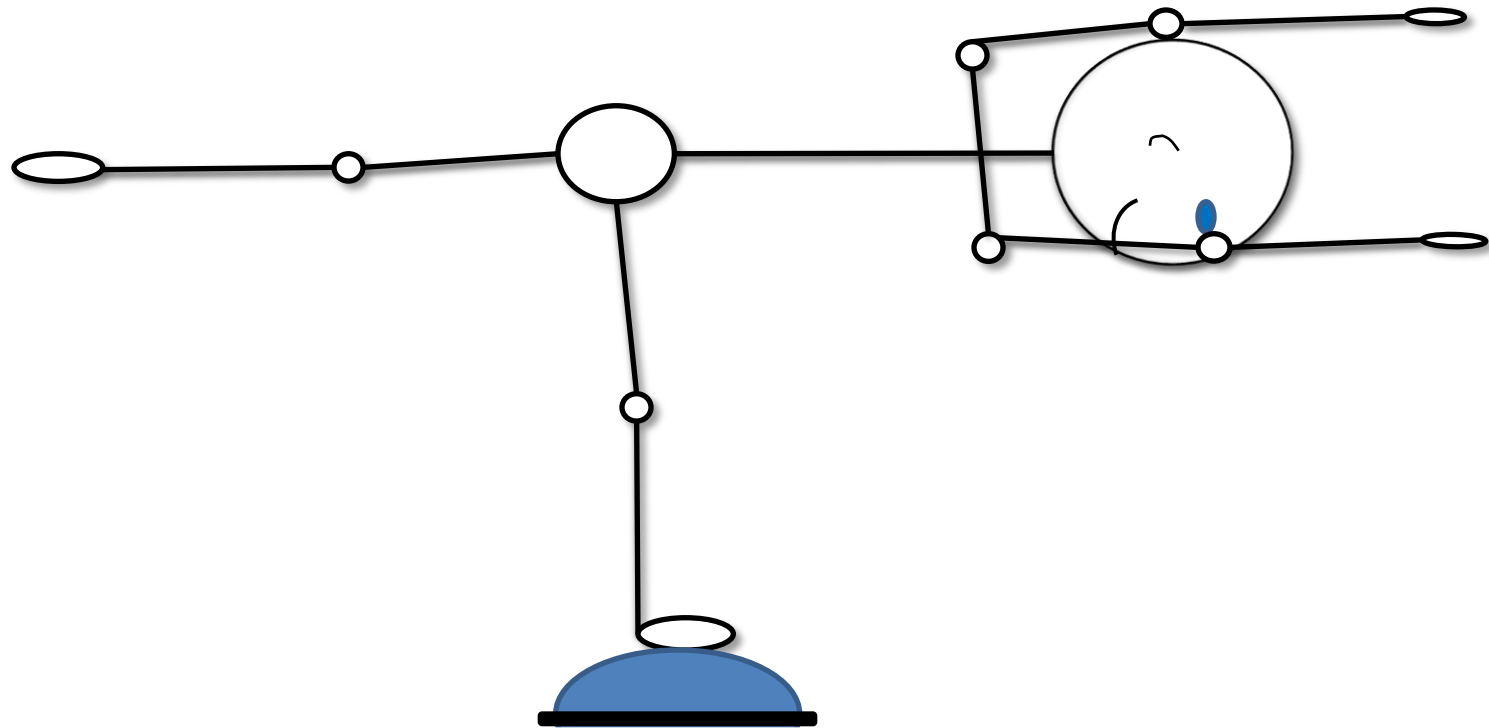
1. Start with both feet on the ball.
2. Slowly take one foot off the ball.

Pigeon Balance



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

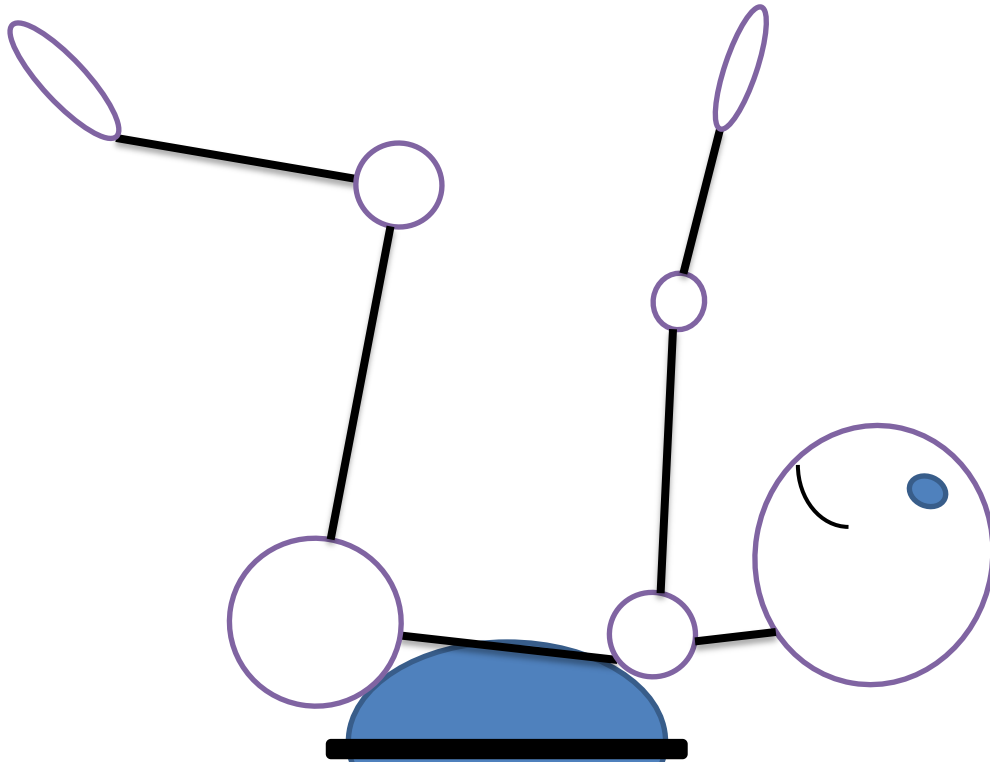
T Balance



1. Complete this position off the ball.
2. Move to the ball and get into a standing balance position.
3. Slowly lower your upper body to form an L.
4. Balance on one leg and slowly raise the other leg off the ball



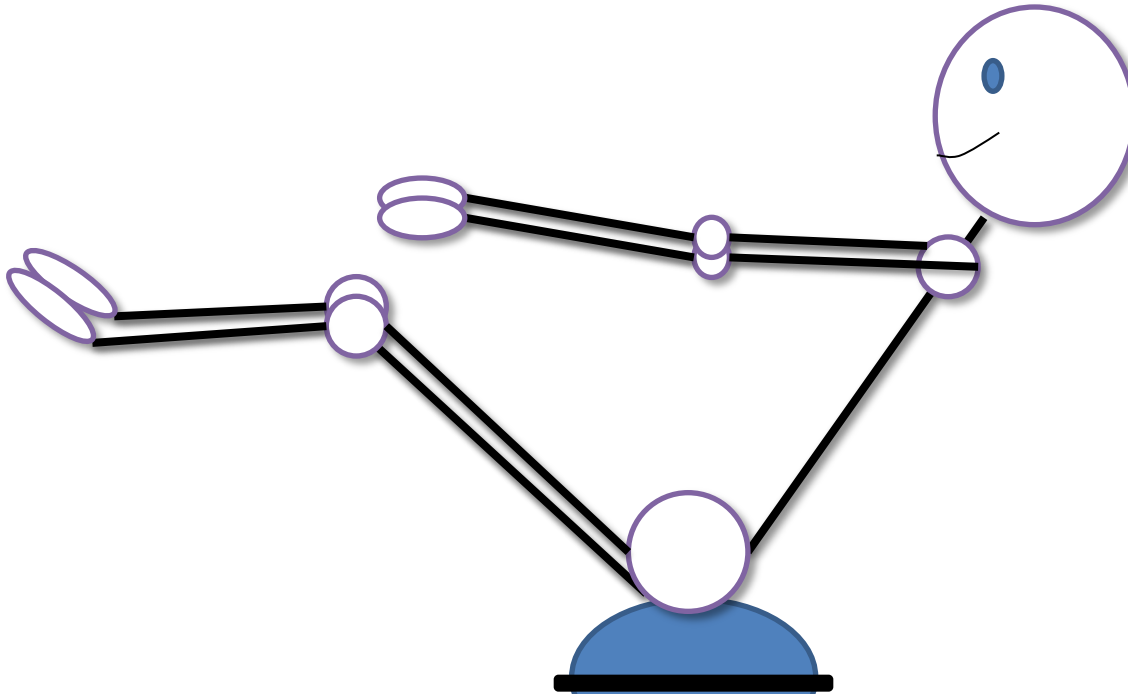
Dead Bug



Challenge: Try to keep your body as still as possible

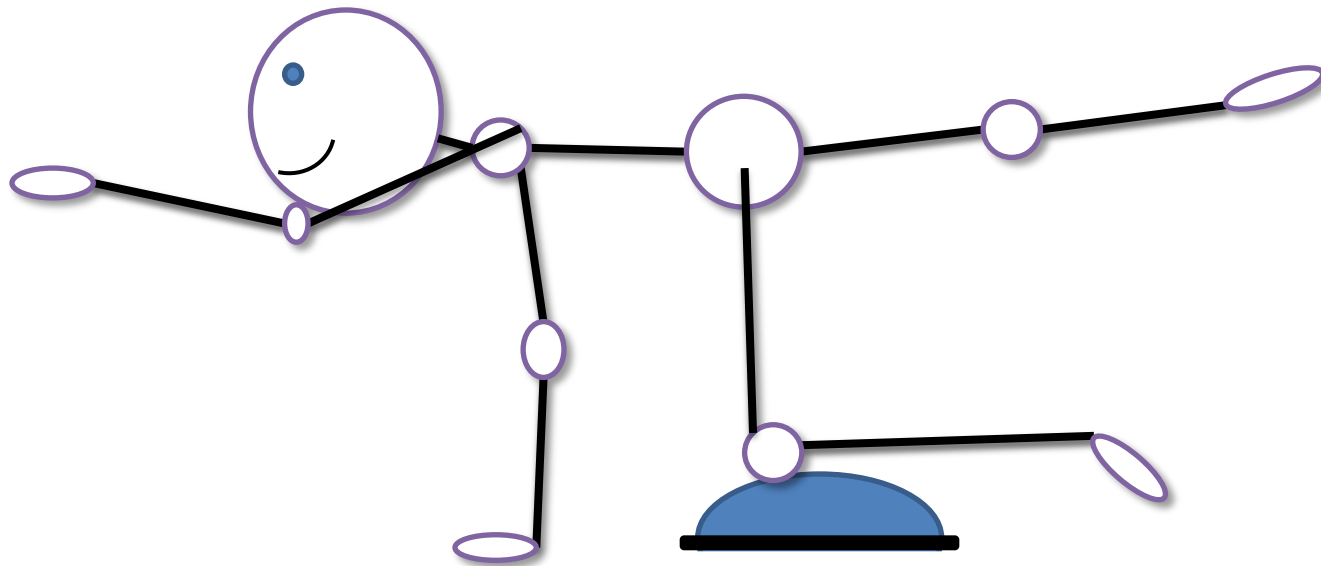


V-Sit



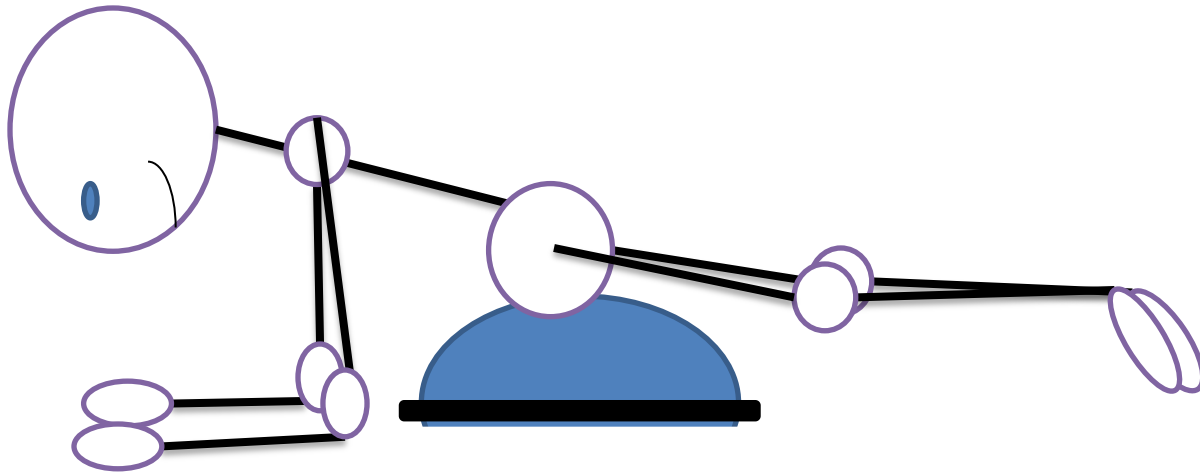
1. Hands can rest on the BOSU ball
OR
2. Arms can be parallel to BOSU ball

SPINAL Balance



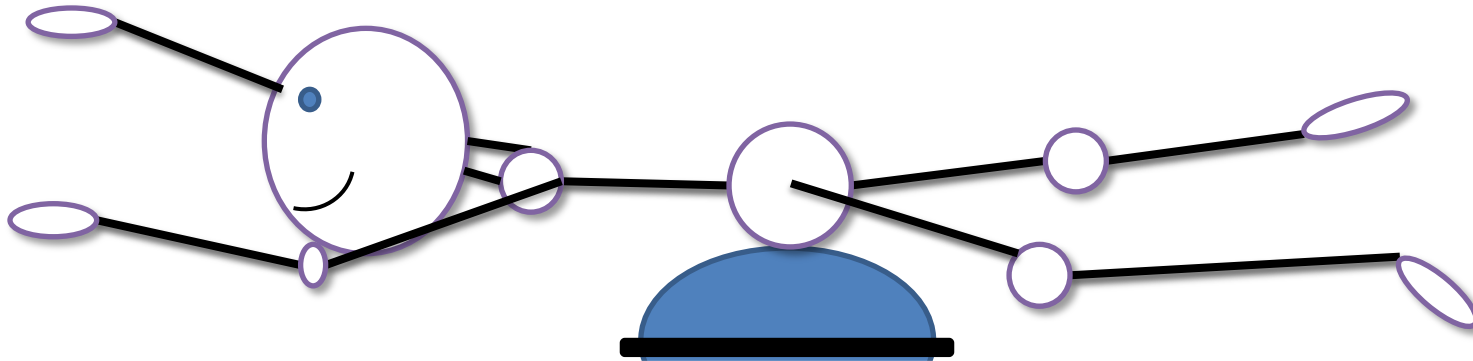
1. Complete the position off the ball.
2. Place both knees on the ball
3. Slowly raise left arm then right leg.

Prone Two Leg Lift



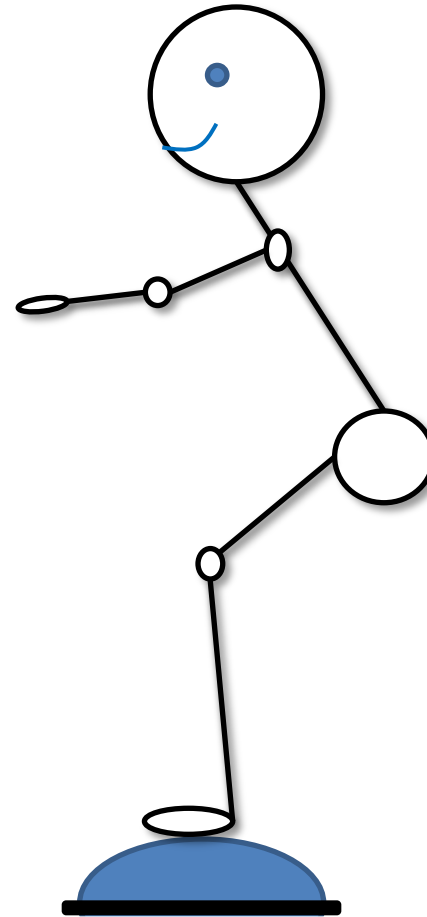
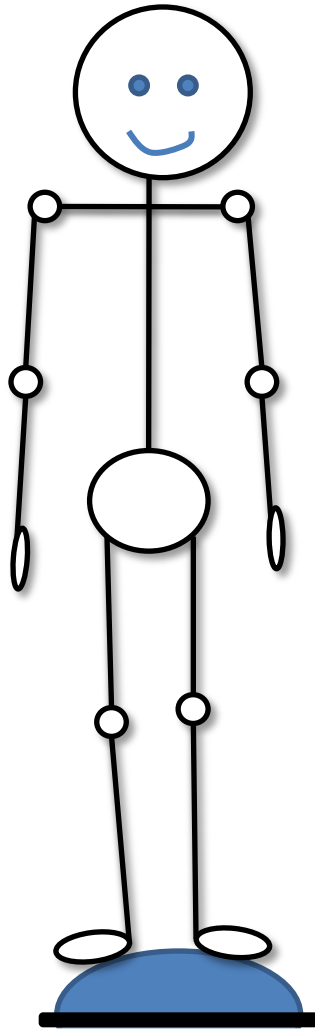
1. Position the lower abs and hips on the ball.
2. Slowly raise both legs off the ball.

Superman



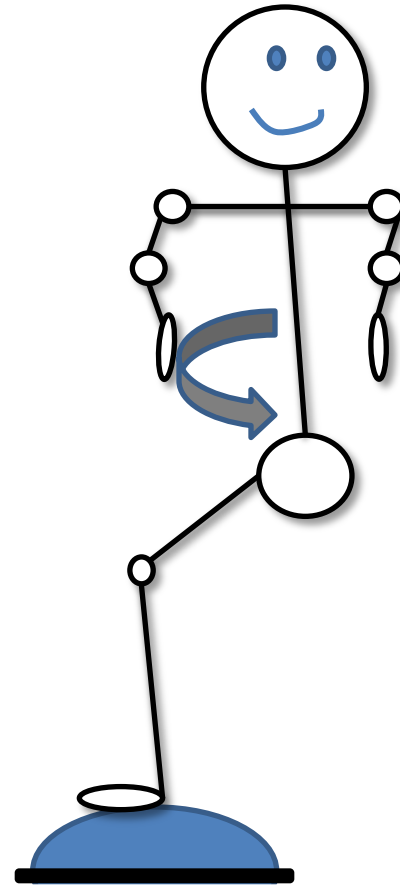
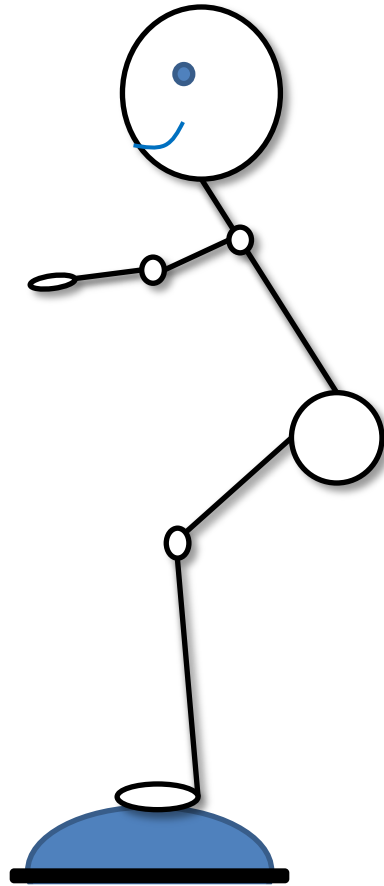
1. Complete the position off the ball.
2. Stretch with left arm and right leg.
3. Switch and stretch with left arm and right leg.

Squats

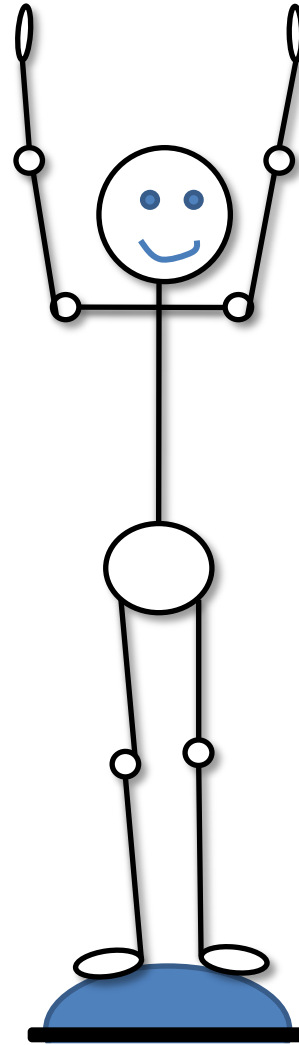
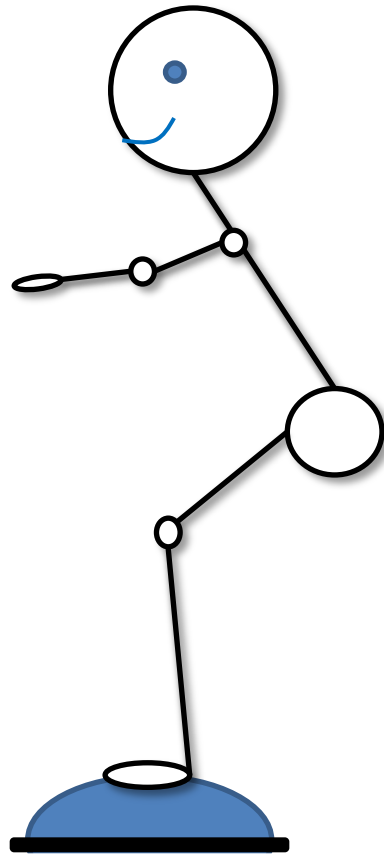


1. Complete the squat off the ball.
2. Start in the standing balance position.
3. Slowly perform a squat (similar to sitting in a chair.)

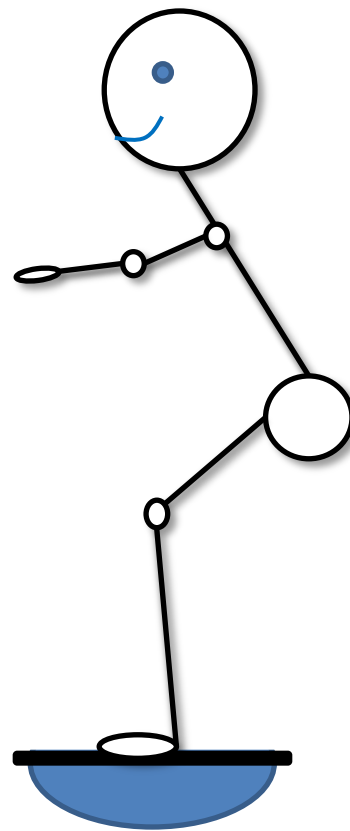
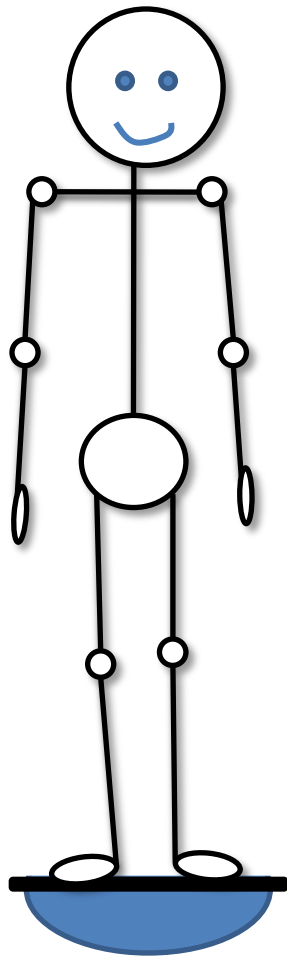
Twisting Squat



Overhead Press Squats

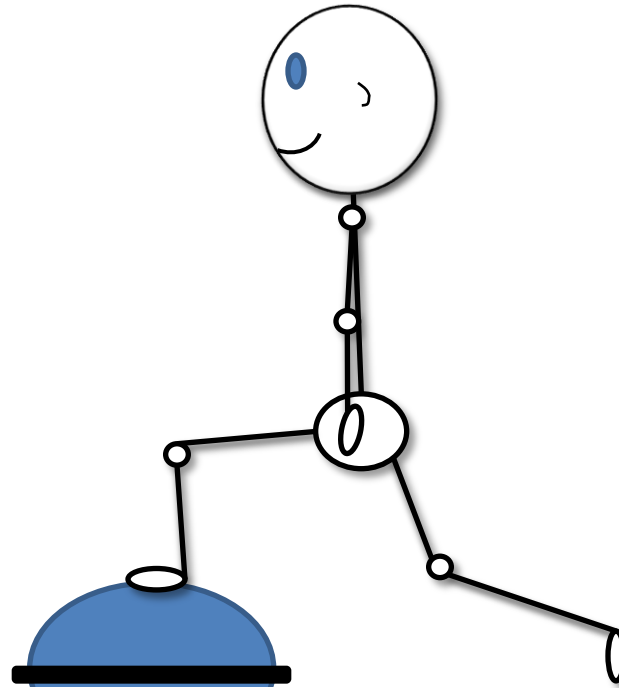
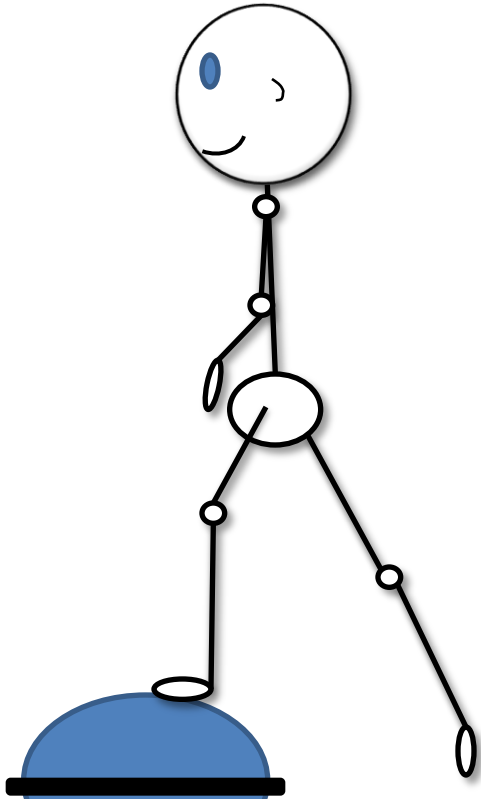


Upside Down Squats



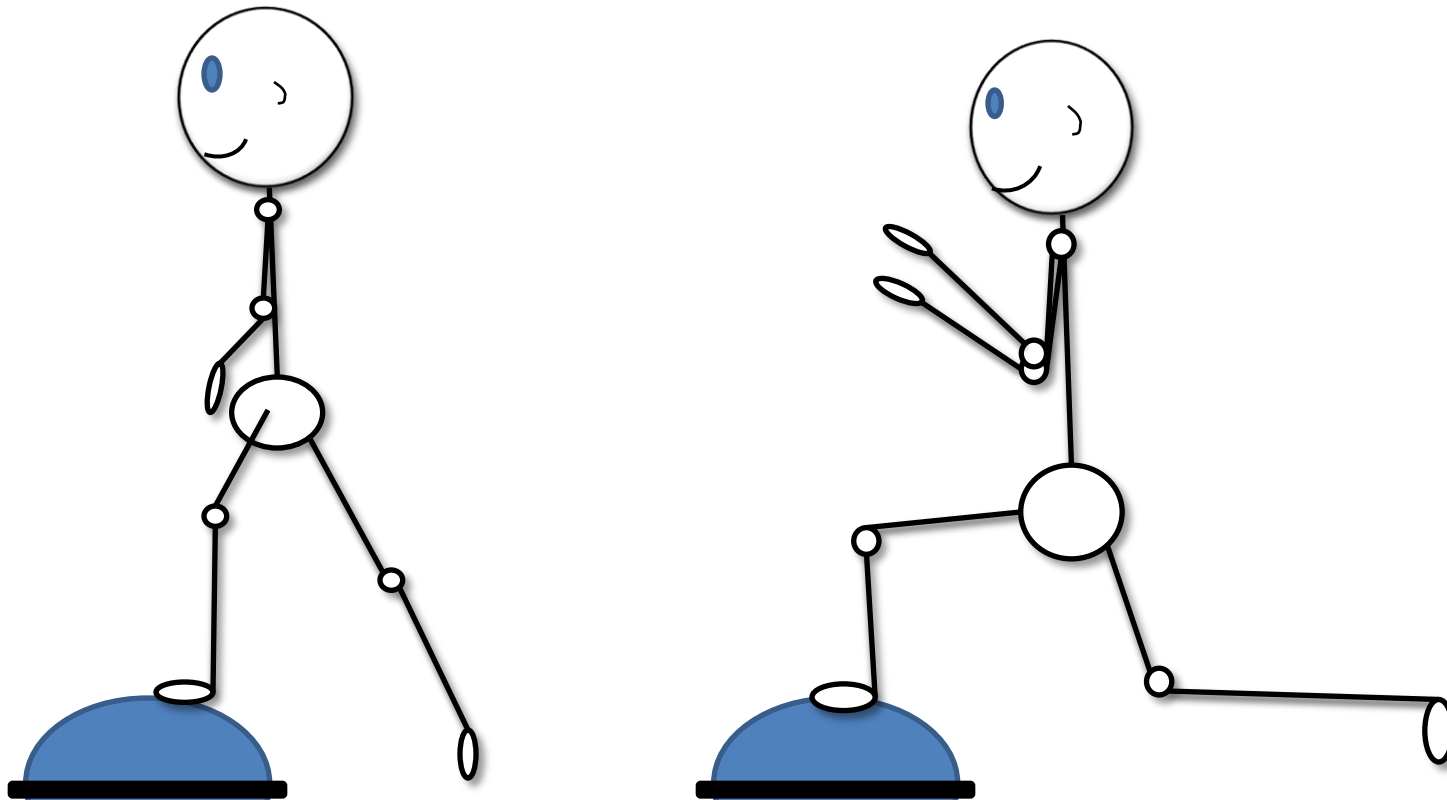
1. Be able to perform squat on the ball.
2. Use your arms to aid with balance.

Lunge



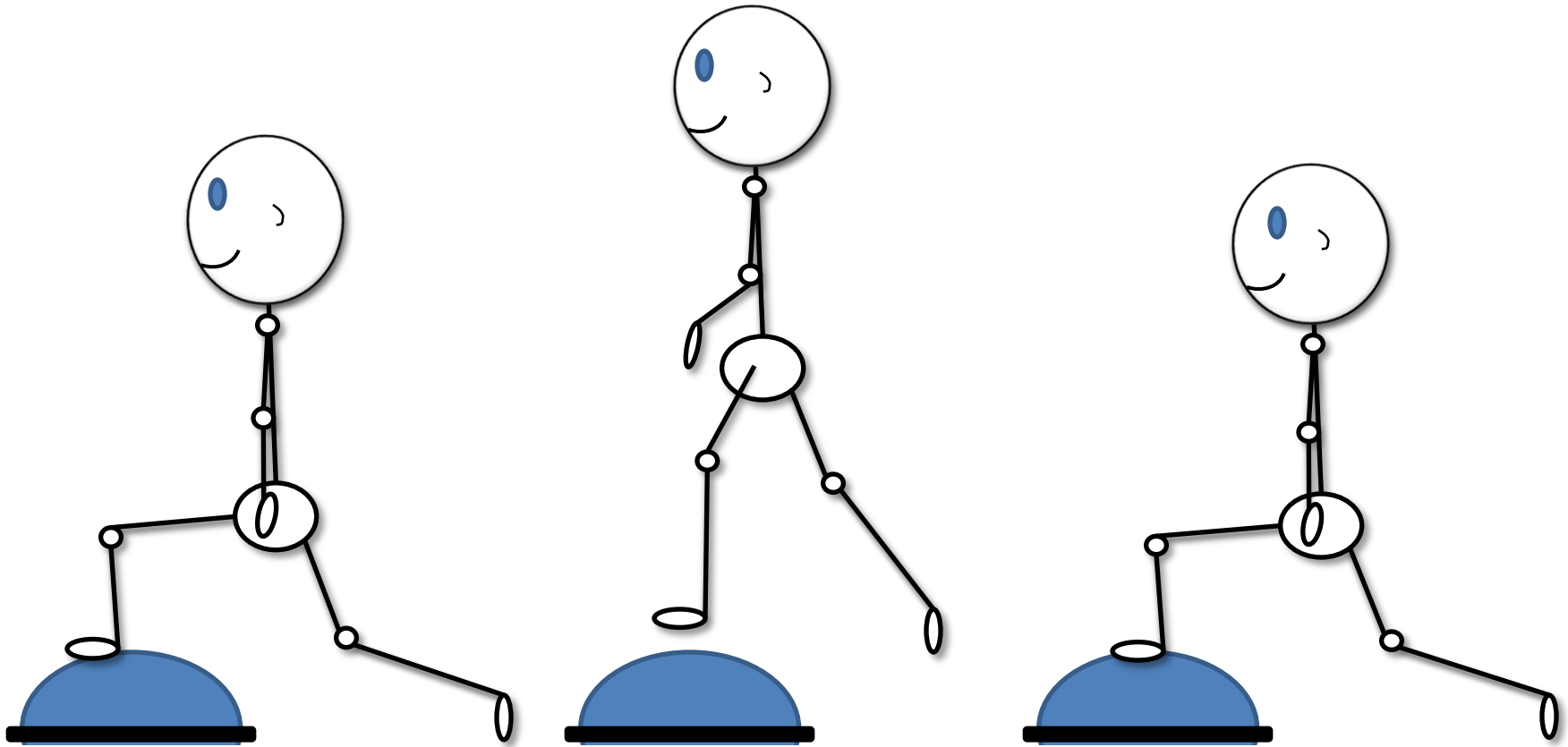
1. Complete the lunge with left foot on the ball, make sure the knee does not go over the toe.
2. Switch legs.

Lunge with Bicep Curl



1. Complete the lunge and make sure the knee does not go over the toe.
2. Challenge: Use free weights.

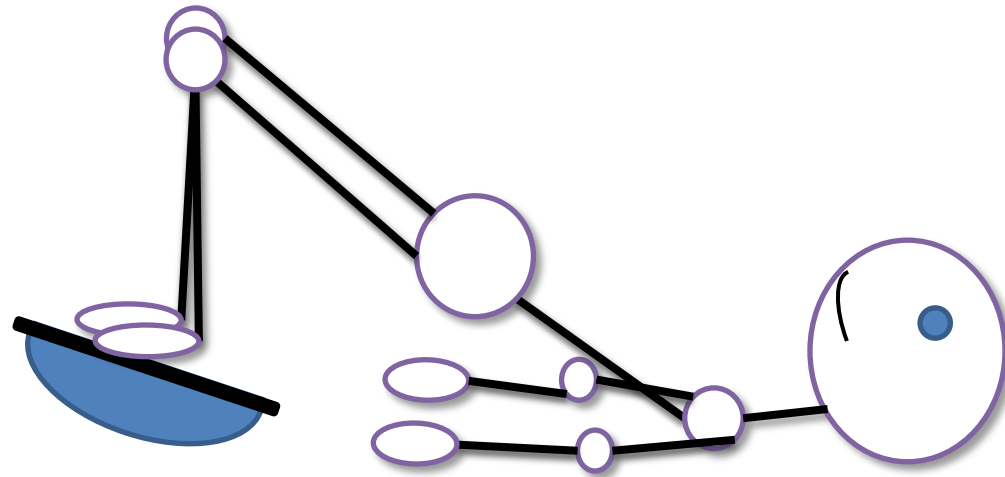
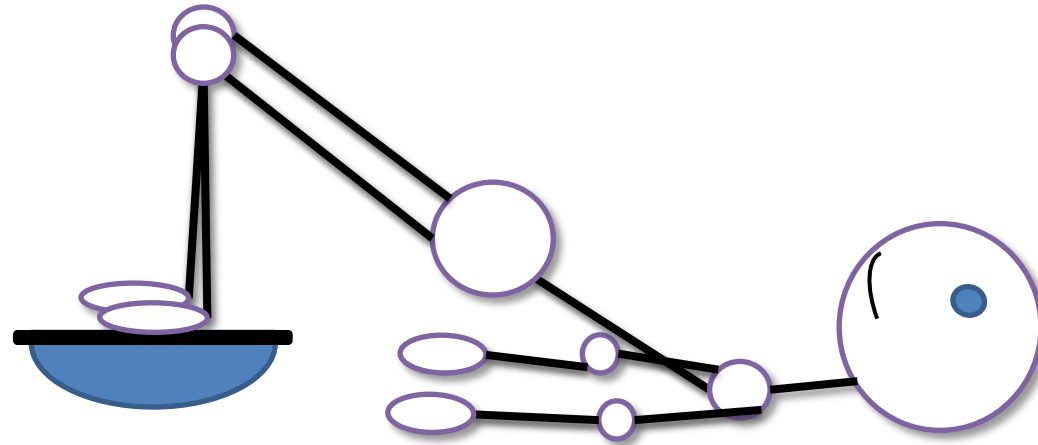
Power Lunges



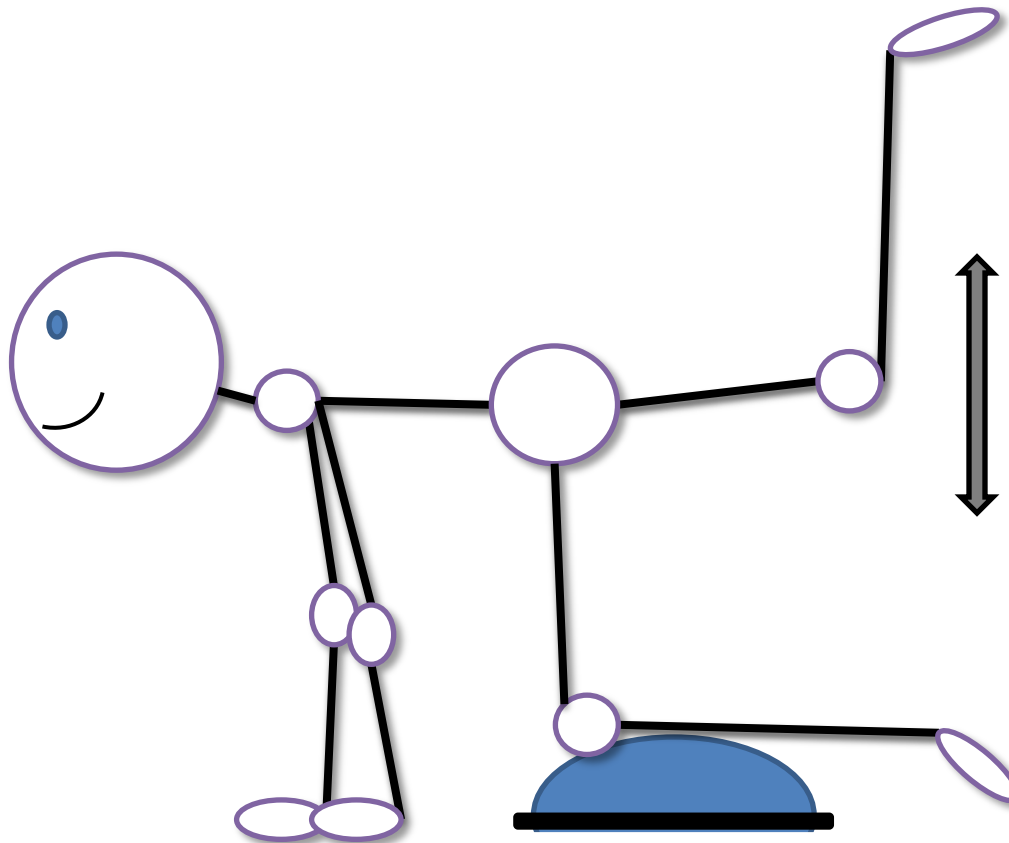
1. Complete a power lunge off the ball.
2. Jump so both feet are in the air.
3. Land back on the ball and engage your core to keep your balance.



Hamstring Wilt

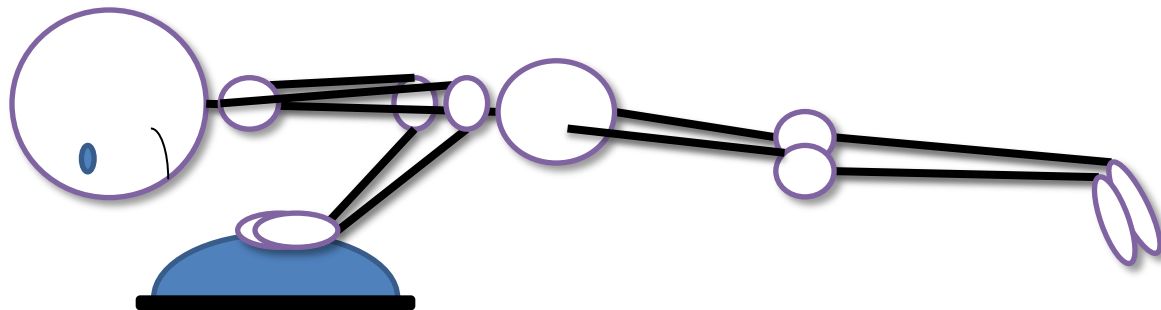
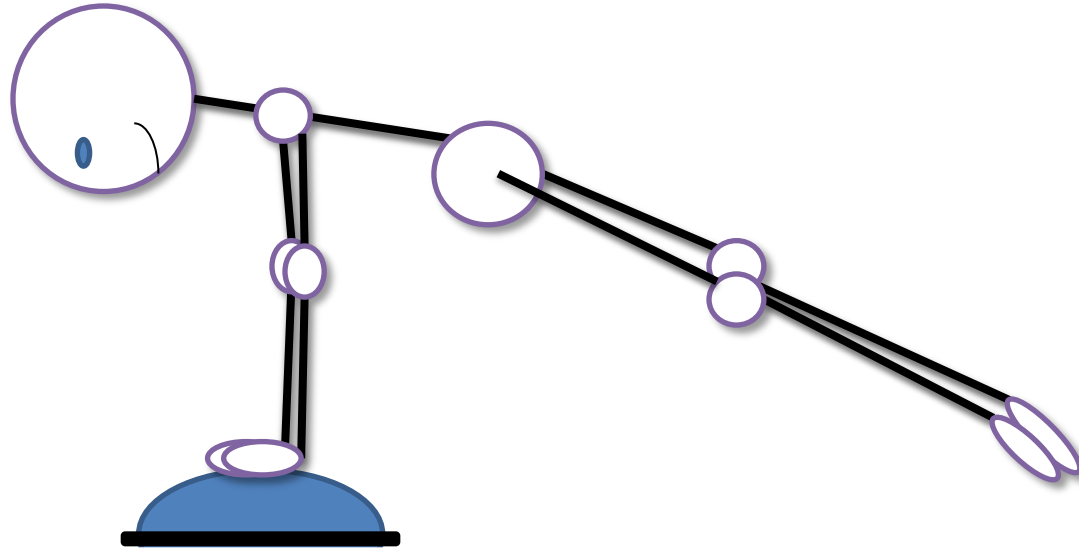


Hip Extensions

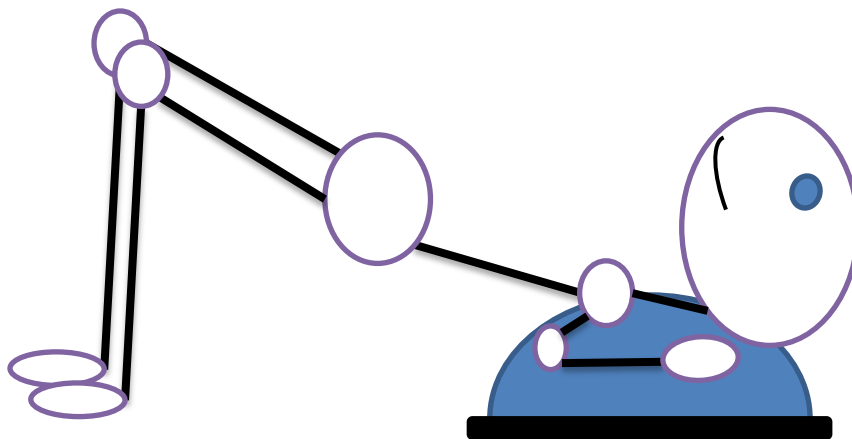
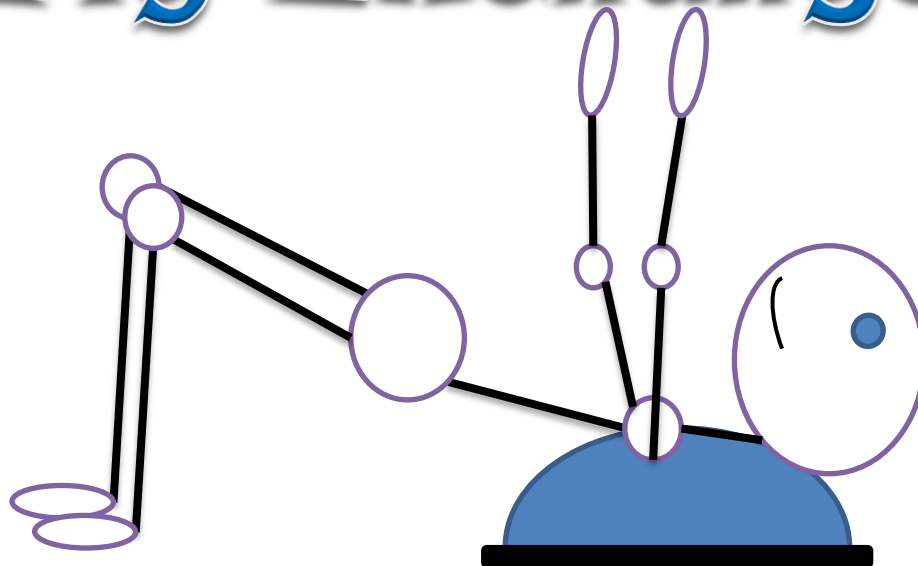


1. Complete Hip Extension on the floor.
2. Slowly raise your right leg off the ball.
3. Raise and lower the right leg. Switch legs.

Push-Ups

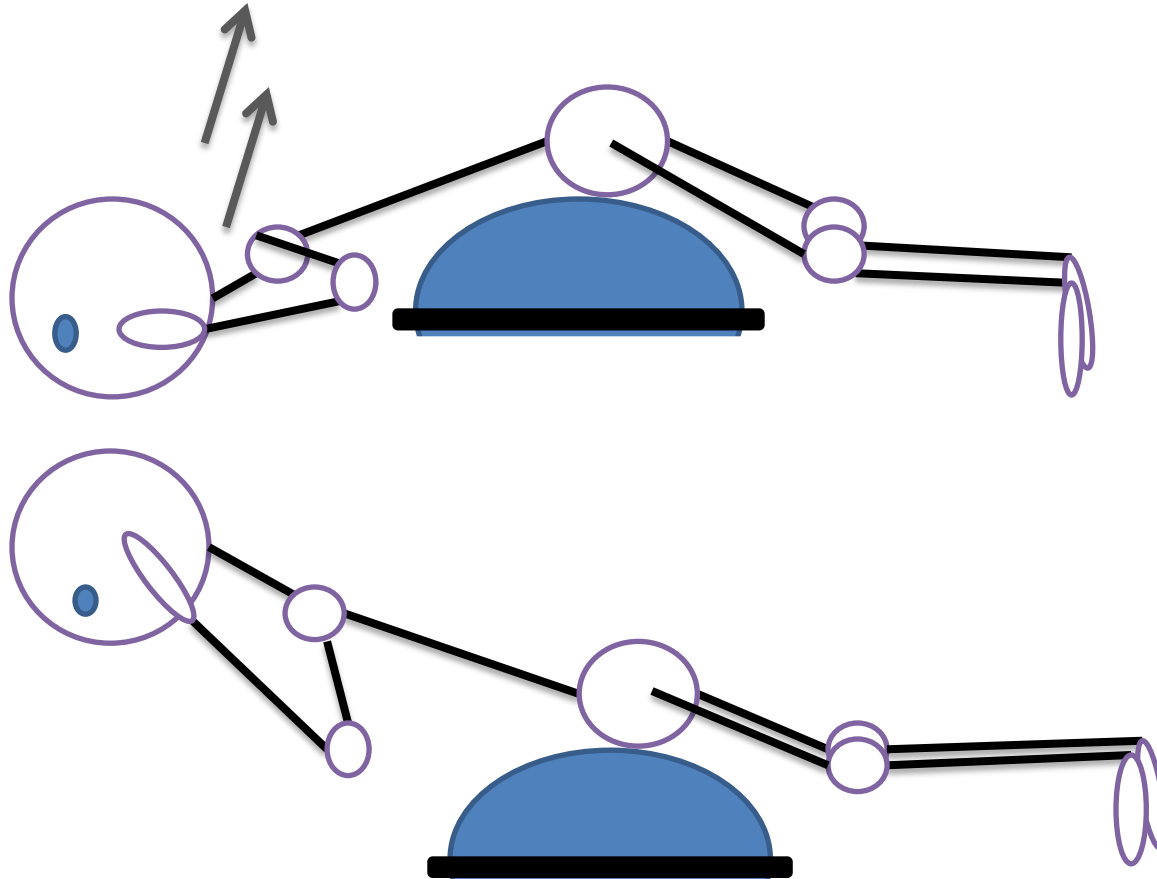


Fly Exchange



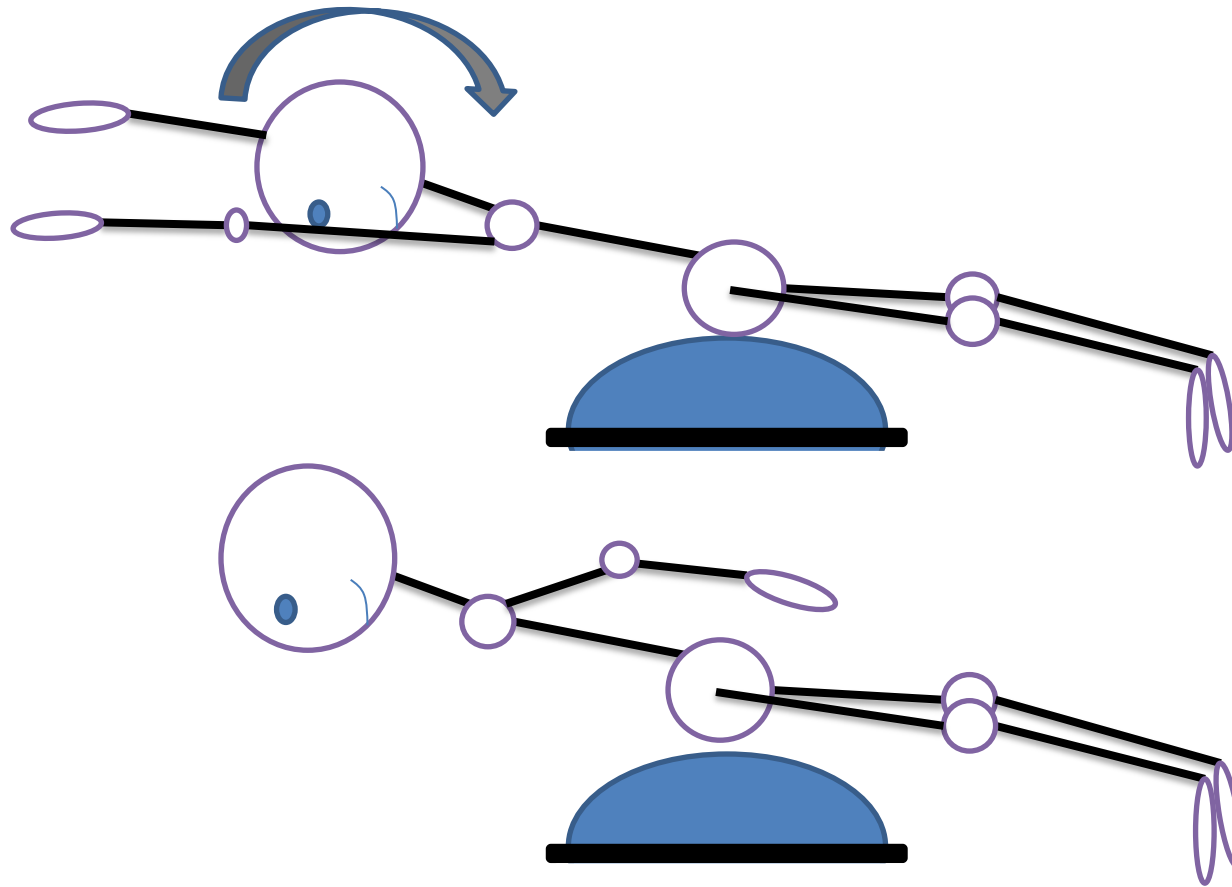
Challenge: Use free weights. **Make sure to have a spotter when using free weights.

Back Extension



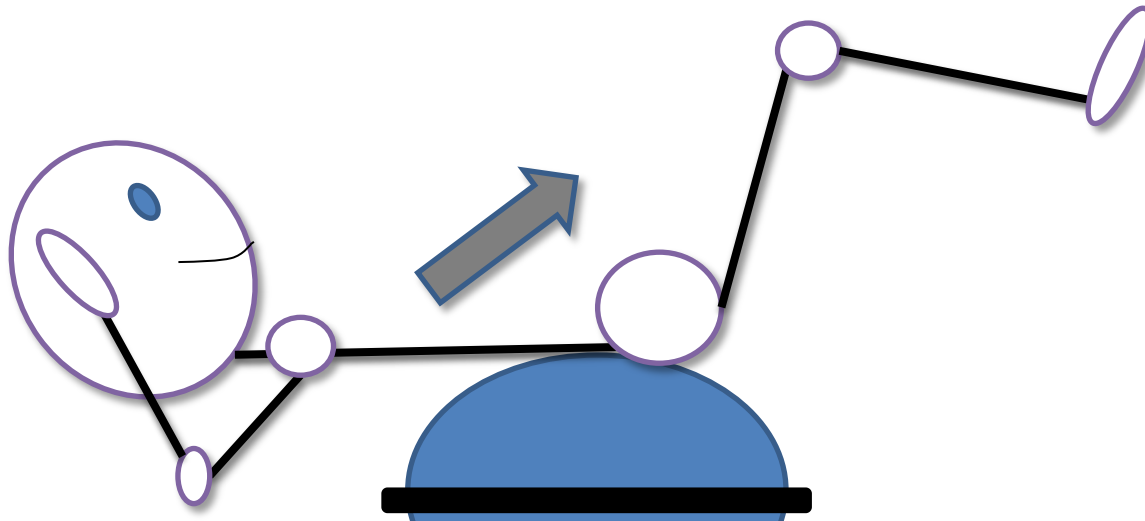
1. Complete the position off the ball.
2. Raise upper body off the ground.
3. Slowly lower to start position.
4. Challenge: Lift feet off the floor.

BOSU Cobra



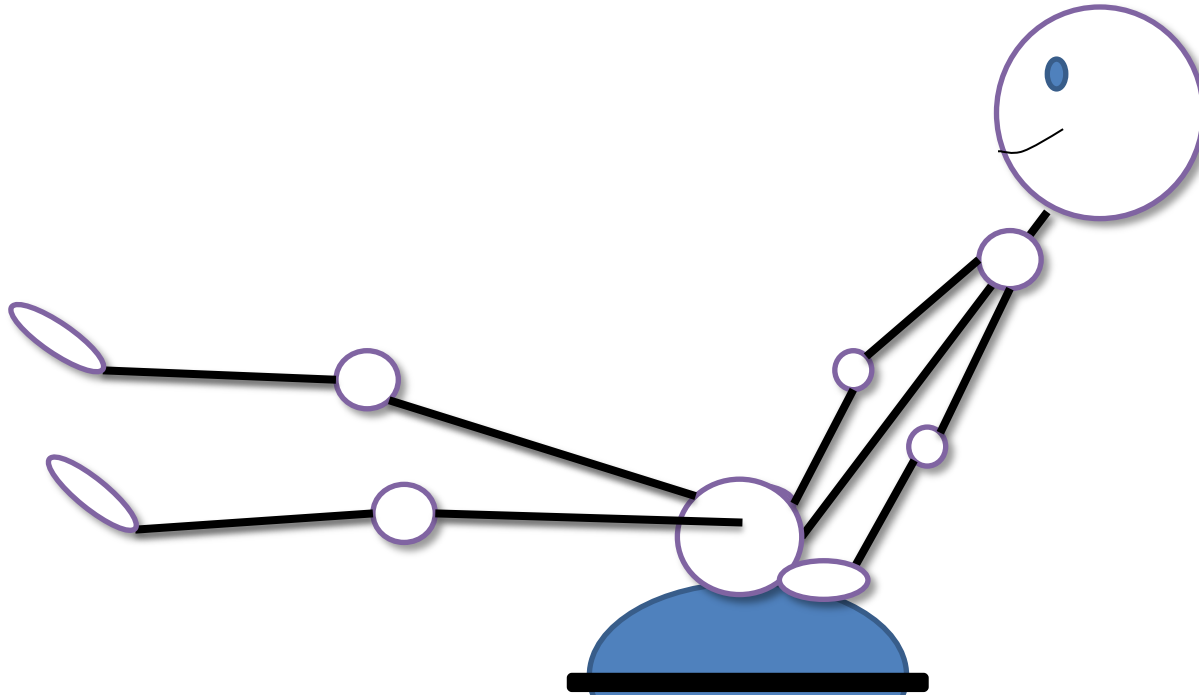
1. Balance on the BOSU ball
2. Rotate arms in a circle.
3. Challenge: Lift feet off the floor

Full Crunch



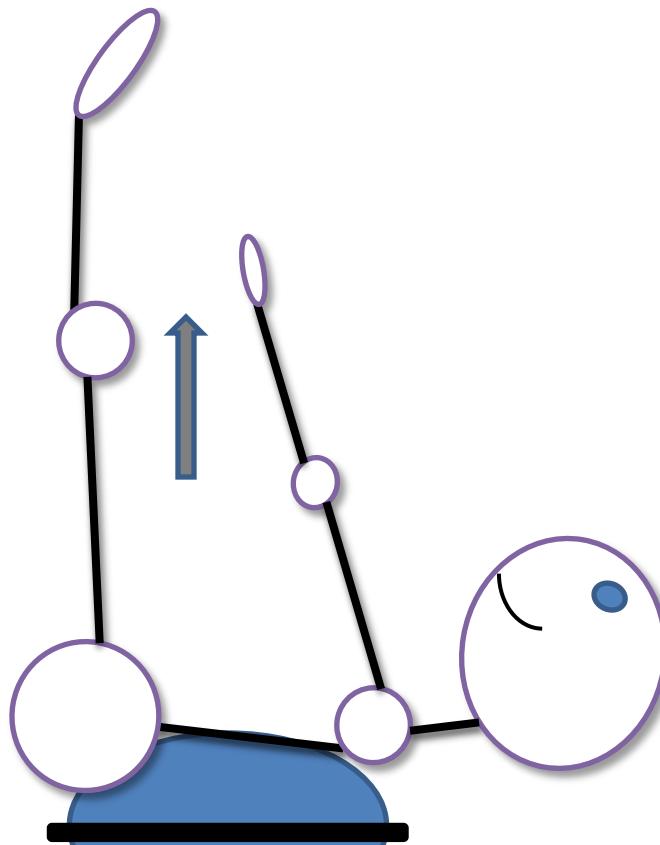
Modification: Keep feet on the floor.

Scissors



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

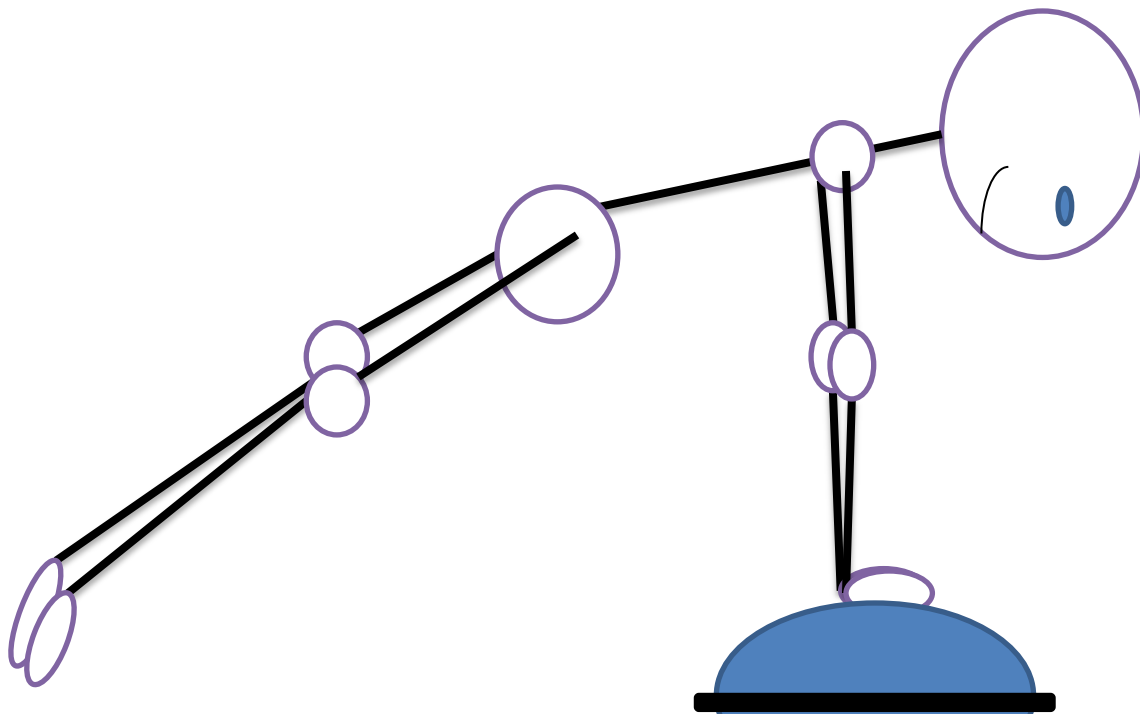
Toe Touch



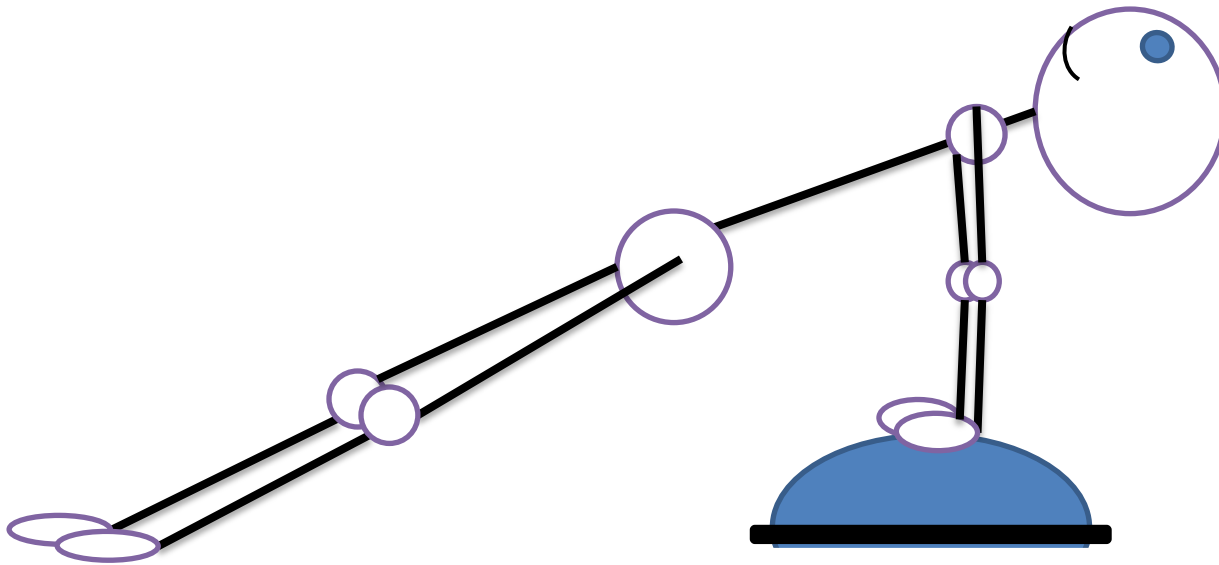
Modification: Touch knees



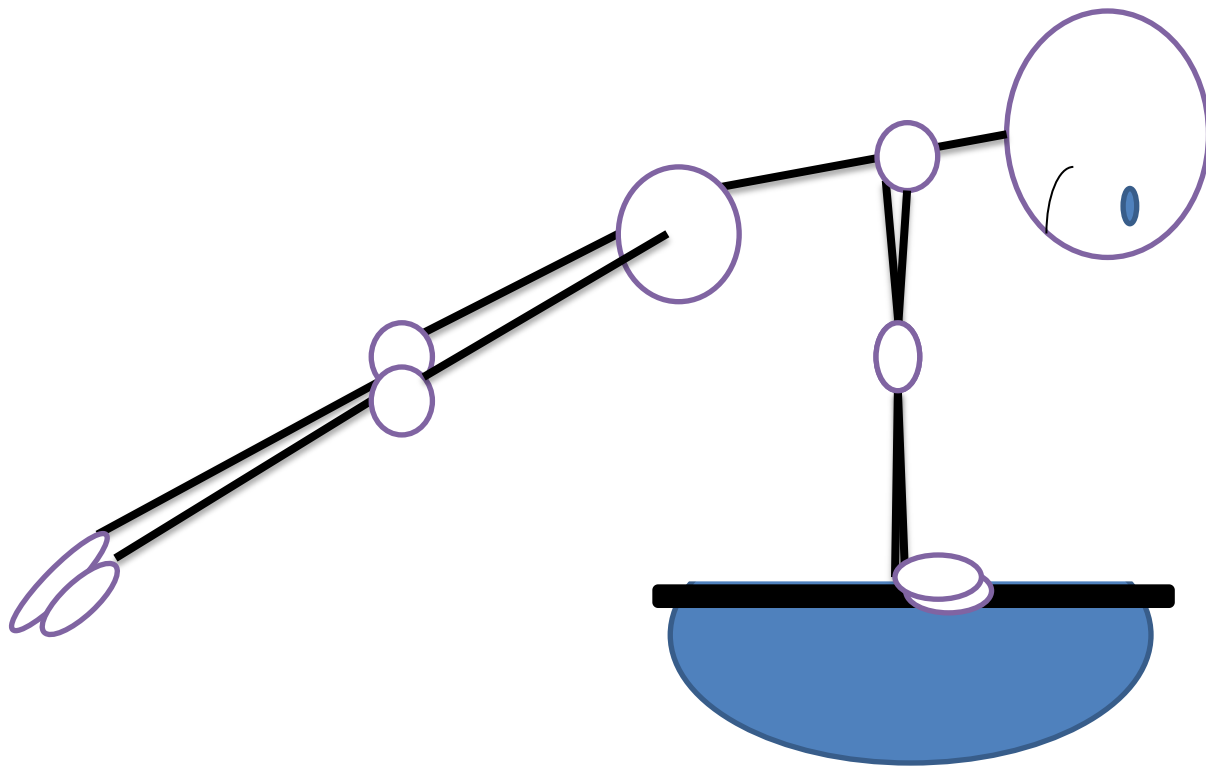
Plank



Incline Plank

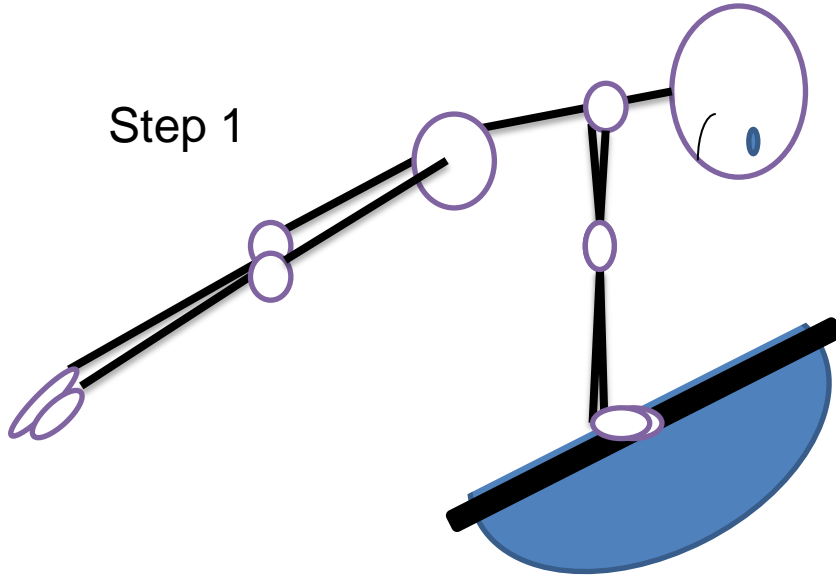


Reverse Plank

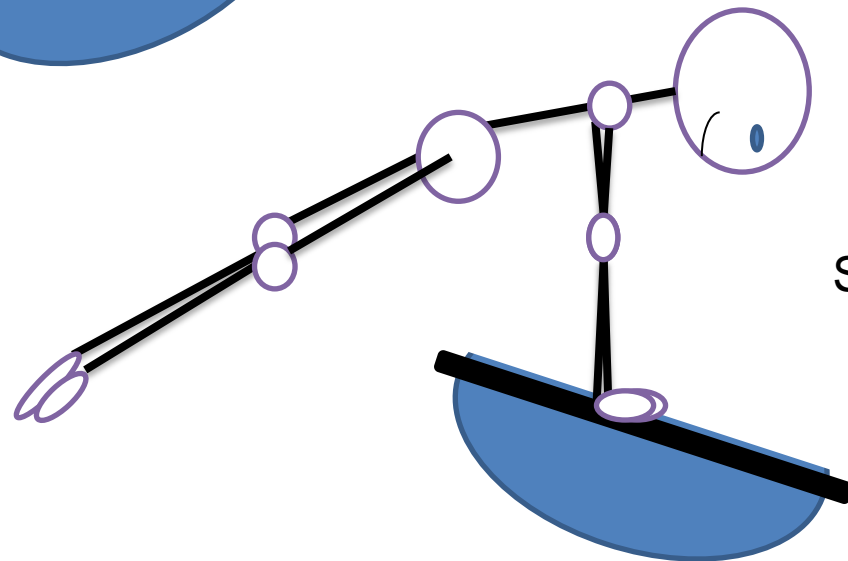


Wilt's

Step 1

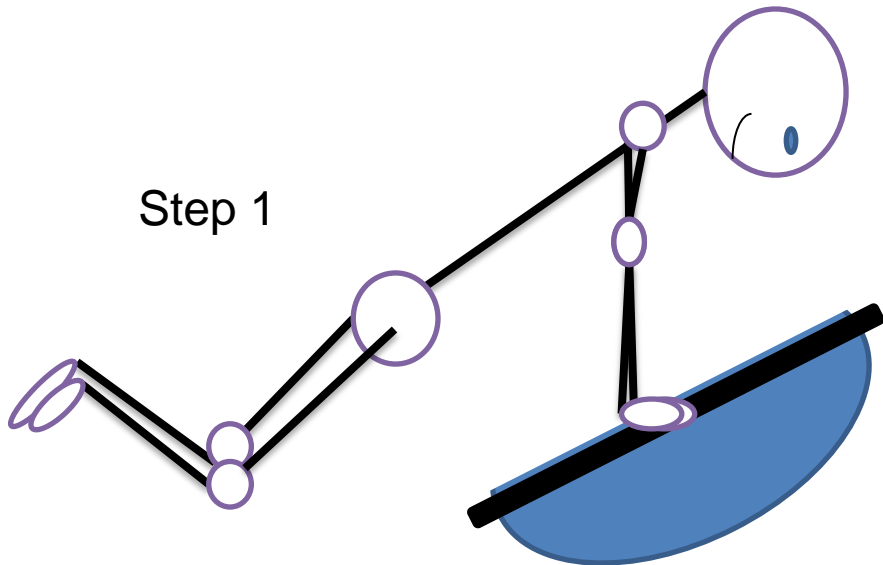


Step 2

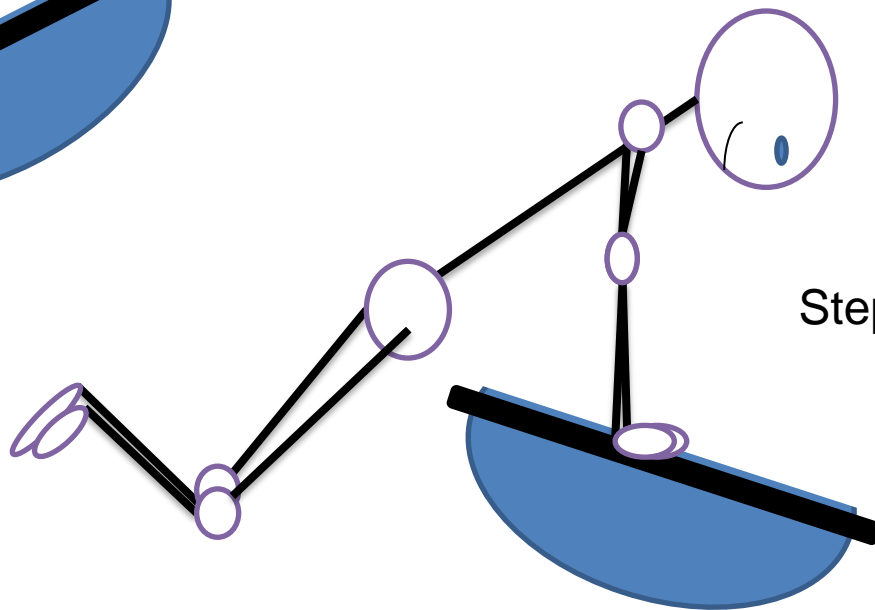


Kneeling Wilts

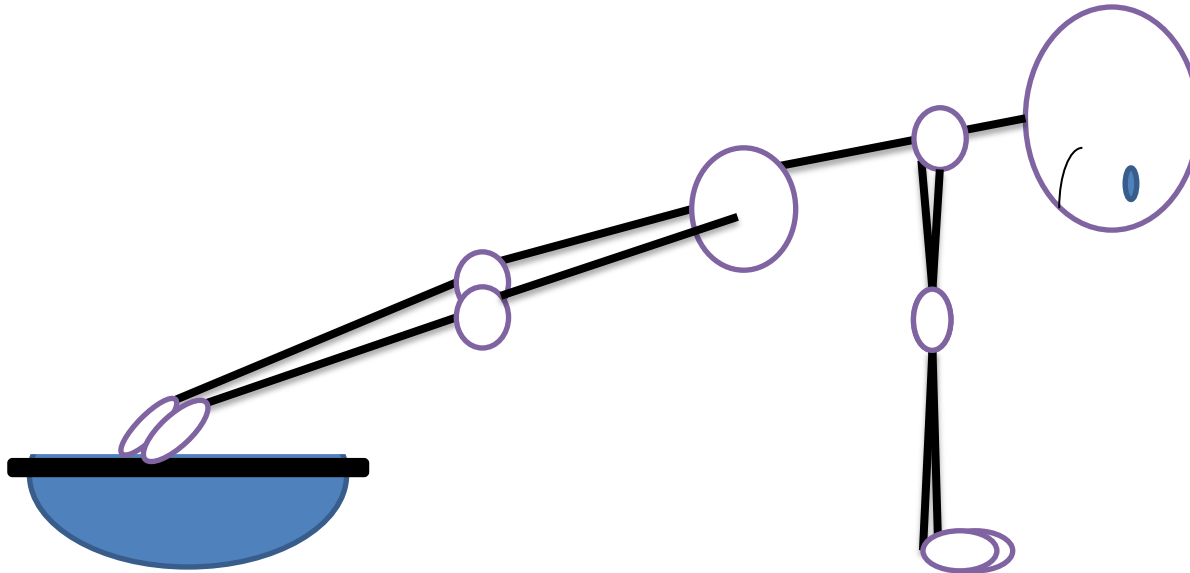
Step 1



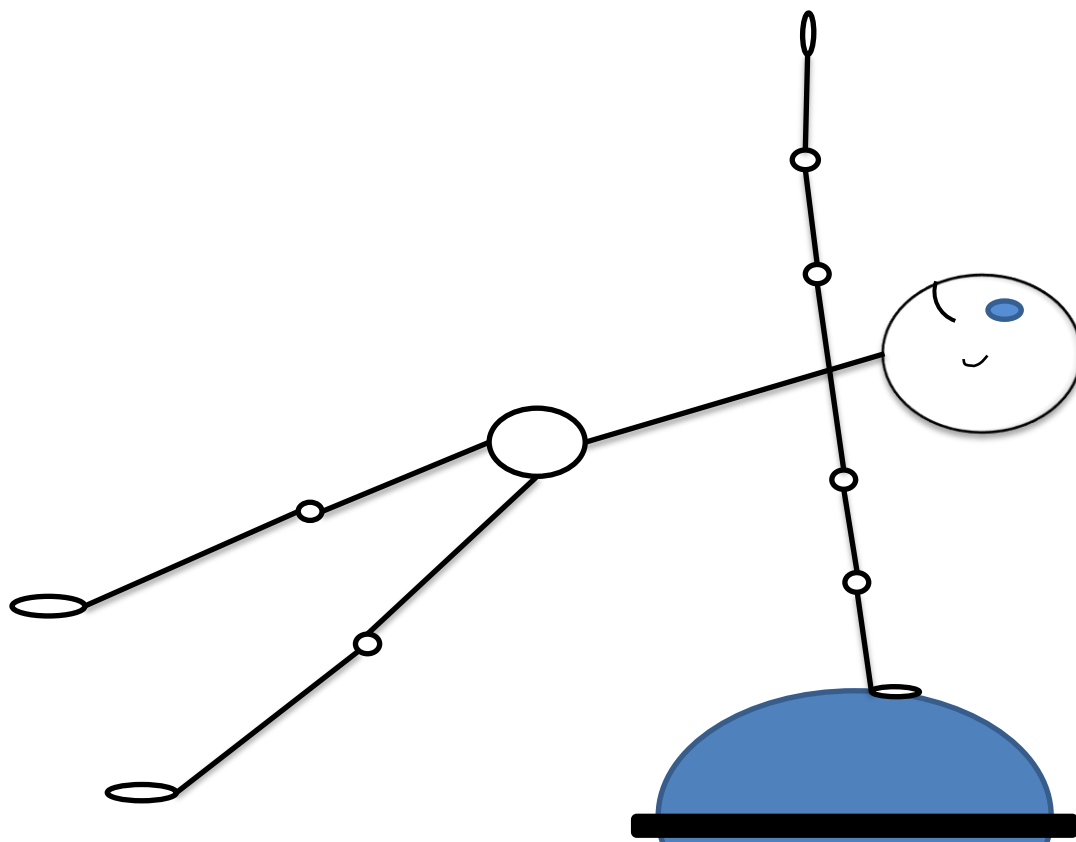
Step 2



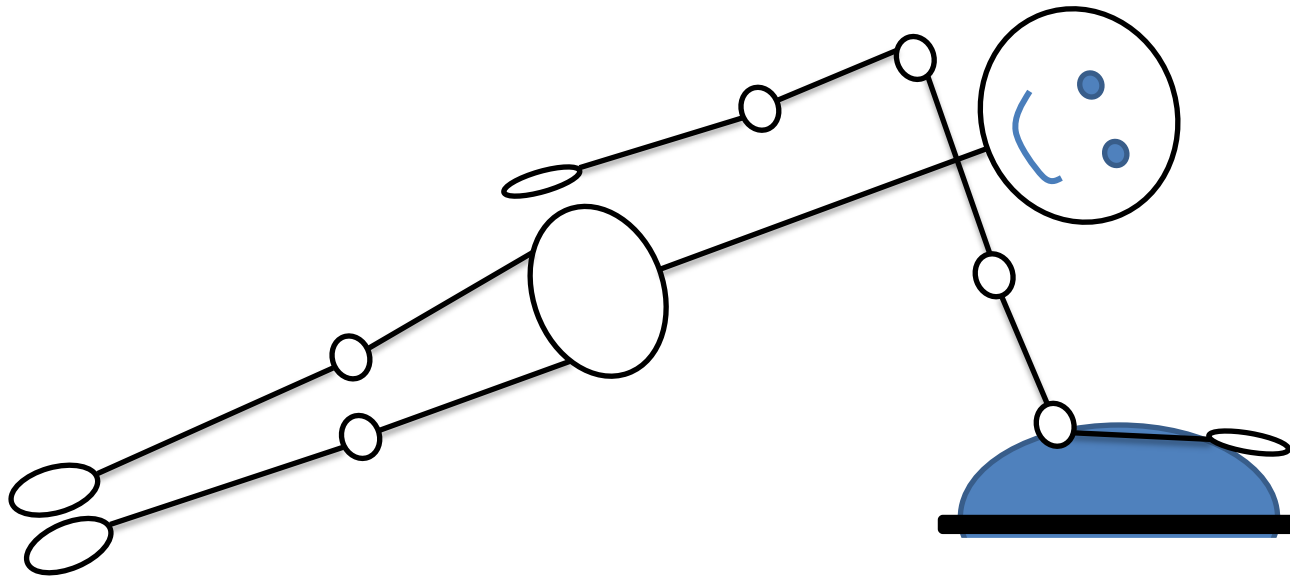
Upside Down Plank



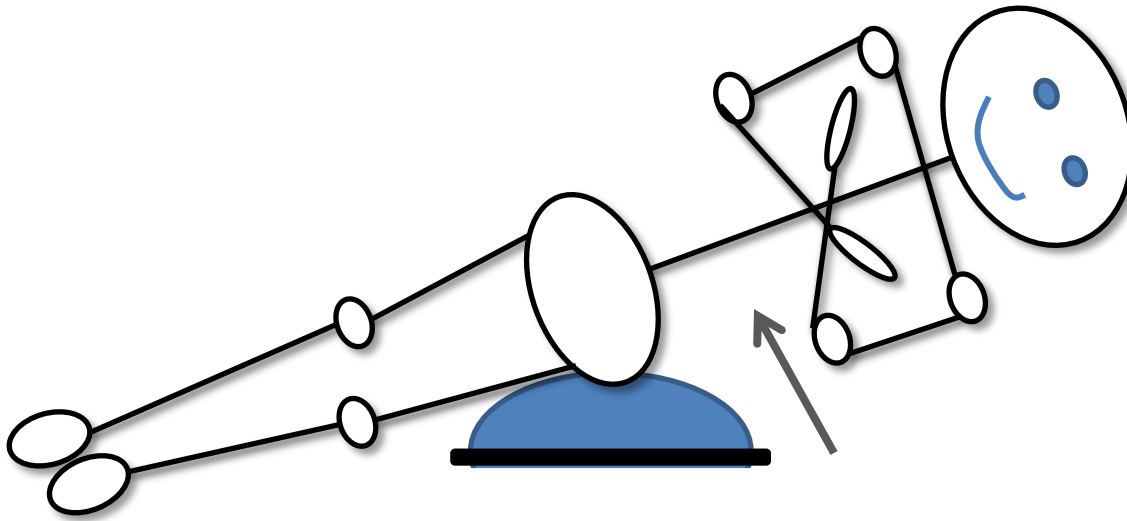
Side Plank Hold



Side Plank

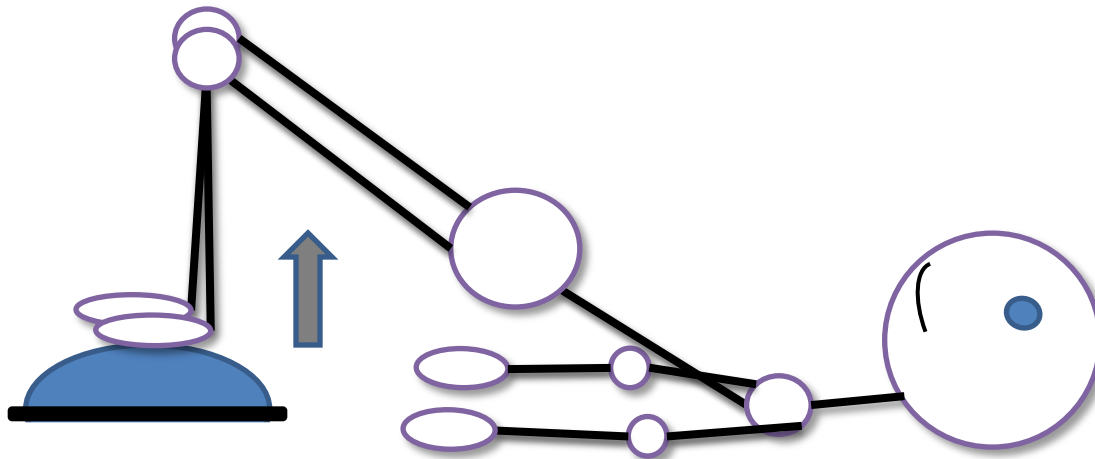


Oblique Crunch



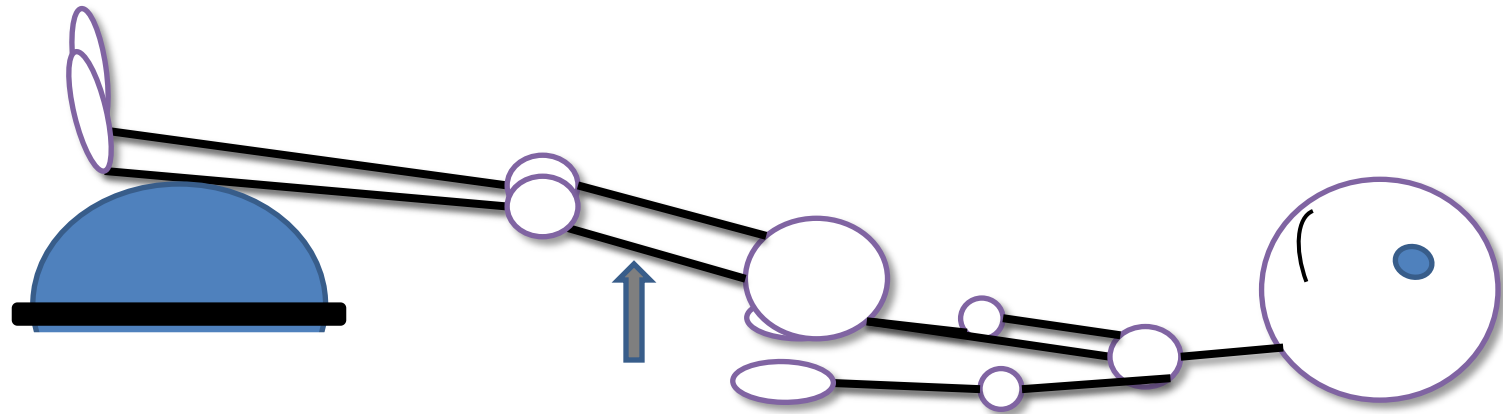
1. Lie on left side with arms across chest.
2. Slowly raise upper body off floor.
3. Switch sides.

Bent Knee Bridge



1. Begin with hips on the ground.
2. Slowly press hips up.
3. Create a straight line between shoulders and knees.

Straight Leg Bridge



1. Begin with hips on the ground.
2. Slowly press hips up.
3. Create a straight line between shoulders and toes.