

BOSU Ball Exercises



Exercise Description:

BOSU Compressions

Classification:

BOSU Ball Exercises

Instructions:

1. Stand on top of bubble with feet spaced evenly. Keeping torso tight, shift weight from foot to foot using arms for balance.
2. Keep shoulders and hips straight. To make it more difficult, you can run on top of the BOSU.
3. Do this between other exercises to relax the legs and feet and to work on balance.
4. Repeat for the required time.

BOSU Leg Abduction



Exercise Description:

BOSU Leg Abduction

Classification:

BOSU Ball Exercises

Instructions:

1. Stand with right foot on the top of the bubble letting left leg hang free.
2. When you feel stable, try to lift left leg off the BOSU to the side or front, keeping abs are tight and shoulders level.
3. Repeat for desired reps and then switch sides

Pushup and Plank on BOSU



Exercise Description:

Pushup and Plank on BOSU

Classification:

BOSU Ball Exercises

Instructions:

1. Turn the BOSU so platform is up and hold on widest portion, chest directly over middle. Either on knees or toes, hold your body in this pushup position with abs in, body in a straight line.
2. Add difficulty by bending elbows and lowering into a pushup.
3. Repeat for the desired time or repetitions if completing pushups.

Alternating Aerobic Lunge



Exercise Description:

Alternating Aerobic Lunge

Classification:

BOSU Ball Exercises

Instructions:

1. This can be high or low impact. Stand on the ball and take left foot diagonally behind you, punching left arm across the body. Bring the foot back and switch legs.
2. For high impact, begin with your foot on top, other foot lunging back. Jump up and switch so that the other foot lands in the middle of the BOSU and the other foot lunges.
3. Repeat for desired repetitions.

BOSU Side Plank



Exercise Description:

BOSU Side Plank

Classification:

BOSU Ball Exercises

Instructions:

1. Lie sideways on the ball, hip in the middle and arm on the floor for support. Keep hips stacked, one foot on top of the other.
2. Contract the abs and lift legs off the floor until body is in a straight line.
3. To make it more difficult, lift lower arm off the ground.
4. Hold for required time.

BOSU bodyweight squat



Exercise Description:

BOSU bodyweight squat

Classification:

BOSU Ball Exercises

Instructions:

1. Stand on the BOSU Balance Trainer with feet slightly forward of center. Bend your knees and squat, as though you are sitting back in a chair.
2. Keep your back straight and your torso up and extend your arms out to help your balance. Lower as far as comfortable and pushup back up.
3. Repeat for required number of repetitions.

BOSU Quadruped Arm/Leg Raise



Exercise Description:

BOSU Quadruped Arm/Leg Raise

Classification:

BOSU Ball Exercises

Instructions:

1. Get on all fours with knees evenly spaced on top of BOSU and hands on the ground. Straighten one leg until it is parallel to the floor and balance touching toe of bent leg to the ground to help balance.
2. When you feel stable, lift the opposite arm and hold, using abs to stabilize.
3. Switch sides and repeat for required repetitions.

BOSU Plank Tilt



Exercise Description:

BOSU Plank Tilt

Classification:

BOSU Ball Exercises

Instructions:

1. Start in a plank position with your knees off the ground or you can plank from your knees. Keep your body in a straight line.
2. Use your arms to tilt the BOSU forward and then back. You will really work your arms, back and abs on this one, so make sure you do not sag in the middle.
3. Repeat for the required number of repetitions and or time.

BOSU V-Sit



Exercise Description:

BOSU V-Sit

Classification:

BOSU Ball Exercises

Instructions:

1. Sit with hips slightly forward on the ball and place your hands behind you on the ball.
2. Lift your legs up into a V and lean torso back, keeping back straight and abs contracted. To make it more difficult, take hands out in front or more difficult over your head.
3. Repeat for the required time.

