

Core (BOSU)

BOSU Side Plank



Exercise Description:

BOSU Side Plank

Classification:

Core (BOSU)

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 Plank Tilt



Exercise Description:

BOSU Plank Tilt

Classification:

Core (BOSU)

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:

Core (BOSU)

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.