

Quads (BOSU)

Jump and Land on BOSU



Exercise Description:

Jump and Land on BOSU

Classification:

Quads (BOSU)

Instructions:

Start by placing BOSU ball with the flat part facing the ceiling.

In a standing position with a parallel stance jump up onto the BOSU ball and stabilize yourself with stepping off the BOSU ball.

Return to the starting position.

Stationary Lunge on BOSU



Exercise Description:

Stationary Lunge on BOSU

Classification:

Quads (BOSU)

Instructions:

1) Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of the foot. Place the other ball on top of a BOSU ball or balance board and balance disc.

2) Start position: Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on hips.

- 3) Lower body by bending at right hip and knee until thigh is parallel to floor. Body should follow a straight line down towards the floor.
- 4) Return to start position.

BOSU bodyweight squat



Exercise Description:

BOSU bodyweight squat

Classification:

Quads (BOSU)

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.