

BOSU® Strong + Stretched 2013

The BOSU® Balance Trainer is one of the fitness industry's best strengthening and stretching accessories, and this workshop covers both! First, you will learn brand-new athletic, total body exercises and sequences that are designed to functionally strengthen the body from head to toe, and can be used in any type of strength, sculpt or conditioning workouts. Then, you will learn a variety of yoga-inspired stretch sequences that utilize the Balance Trainer to make easy stretches more challenging, and tough stretches easier to do! These stretch sequences can be broken up and used for short and sweet cool-down routines, or connected together for full-length stretch workouts. Don't miss this chance to get the best of both worlds!

1. Strong

A. Benefits

- a. Challenge
- b. Comfort
- c. Variety & Equipment

B. Precautions

- a. Capability
- b. Confidence
- c. Sweat & Space

2. Stretched

A. Benefits

- a. Challenge
- b. Comfort
- c. Support & Stabilize

B. Precautions

- a. Concentration
- b. Control
- c. Feet & Clothing

3. Balance Challenge Variables

A. Contact Points

B. Visual Affect

C. Movement

D. External Stimulus

E. Combinations

STRONG

Drills	Equipment/Position
Acclimation	
<ul style="list-style-type: none"> •Alt. Dome Toe Taps holding ball <ul style="list-style-type: none"> - Rotation hip to hip •Alt. Front Lunges holding ball <ul style="list-style-type: none"> - Halo chop •Single arm shot put w/ball w/ rear leg extension and hand trade w/ball •Step hop toss/catch ball center alt. legs add visual effect 	Standing behind dome, holding soft med ball at chest height.
<ul style="list-style-type: none"> •Step Knee +Lateral Raise + Runner's stretch <ul style="list-style-type: none"> - Step Leg Swing + Shoulder Roll 	Standing behind dome, holding soft med ball in one hand.
<ul style="list-style-type: none"> •Squat & Side Lunge Series <ul style="list-style-type: none"> - Small, Med, Large Side Lunge shift 3x holding ball at chest w/dome return 	Standing on top of dome, holding soft med ball at chest height.
<ul style="list-style-type: none"> •Dome squat stir the pot w/med ball alt sides <ul style="list-style-type: none"> - Ball touch to dome side to side then FREE STYLE w/visual effect 	Standing on top of dome, holding soft med ball.
Squat V-Sit Series	
<ul style="list-style-type: none"> •Squat hips back over dome, Stand <ul style="list-style-type: none"> - Squat to sit stand w/ double arm overhead press - Sit to tuck ball to shins stand w/ double arm overhead press - Sit – single leg V- sit to stand w/ double arm overhead press alt legs - Sit – Bilateral V-sit 3x to stand w/ overhead press 	Standing in front of dome, holding soft med ball at chest height.
Lower Body Blast	
<ul style="list-style-type: none"> •Squat holding BOSU in front <ul style="list-style-type: none"> - Squat, lift BOSU to chest height - Squat, Dead Lift, Squat, Stand - Squat, Dead Lift, Squat, Stand, Squat Pulse 4x, Squat Rock 4x, Row 1x, Stand 	Standing holding BOSU dome side down.
Planks & Pushups	
<ul style="list-style-type: none"> •Plank one hand on dome pushup 3x walk to center <ul style="list-style-type: none"> - Elbow Plank on dome w/Mountain Climbers 6x walk to plank - Dome pushup 3x – repeat elbow plank w/mountain climbers - Add arm pattern w/push-up front/shoulder cross/side repeat seq. 	Dome side up
Total Body Blowout	
<ul style="list-style-type: none"> •Squat one foot on dome, single arm clean, rack <ul style="list-style-type: none"> - Squat, Clean, Rack, Overhead Press - Add propulsion - Add knee lift - Squat propulsion to lunge snatch roll up – METABOLIC •Build entire Squat sequence other side 	Dome side up palming soft med ball in same hand as foot that is on top of the dome
Dynamic Bird Dog	
<ul style="list-style-type: none"> •One arm row wide <ul style="list-style-type: none"> - Add Front Raise tempo slow - Add Hamstring Curl to Row and Straight Leg Raise to Front Raise •Kneel on top of dome for single arm biceps curls <ul style="list-style-type: none"> - Single Arm Projection Curls...Repeat entire sequence on other side 	Bird Dog position, one knee on dome, hands in front w/same hand as knee on dome palming soft med ball, & back leg extended.
Dip and Crawl	
<ul style="list-style-type: none"> •Triceps Dips <ul style="list-style-type: none"> - Add Hip Bridge with Alt Elbow Strike •Supine Plank, Side Plank, Supine Plank, Side Plank & crab walk 	Dome behind hips, hands on dome

STRETCHED

Sequences	Teaching Points
Warm Up	
<p>1. Sun Stretch • Forward Fold to dome • Half Extension w/hands on dome • Triceps hover/push-ups • Move hands in front of dome, press up to Cobra w/hover • Place hands on dome at ribs • Downward Facing Dog • Child's Pose</p> <p>2. One leg back w/knee tuck 3x • Opposite arm on floor, open hip • Replace hands on dome, jump or walk forward to Half Extension w/hands on dome, Reverse Swan Dive to standing</p>	<p>-Repeat each movement 3x -Connect into a flow</p> <p>-Connect 1 & 2 in a flow</p> <p>-Repeat on both sides</p>
Chairs & Pyramids	
<p>1. Chair on dome • Rise to one toe, step back for soft landing, turn back foot out and hips forward • Chest expansion w/Forward Flexion • Reach arms around touch leg/shin/dome • Half Extension to Forward Fold • Bend front knee, lift back heel, step forward to Chair on dome</p> <p>2. Chair on dome • Side Squat L off dome , Twist to R • R Knee down on dome, L leg long to side, Side Bend toward foot • Step up to Standing L/R</p>	<p>-Start standing on top of dome</p> <p>-Repeat on both sides</p> <p>-Repeat on both sides</p>
Inner Hips Series	
<p>1. Alt Side Lunges with Hands on Dome • Side Twist R • Repeat L • Turn feet open to Garland Squat using Dome for leverage • Half Extension w/hands on dome to Standing</p> <p>2. R Knee on Dome, small step forward L • Quadriceps Stretch R • Bigger step forward L into Hip Flexor Stretch w/Rotation • Angle biggest step out and roll around in hips • Upward Facing Dog</p>	<p>-Child's Pose b/t each stretch -Repeat sequence 1 between R & L sides</p>
Spinal Extension	
<p>1. Torso on dome/toes on floor into Locust Flow • Single Leg Bow • Child's Pose • Full Bow option</p> <p>2. Turn back to Dome • Feet up on dome behind, kneeling • Camel progressions • Downward Facing Dog</p>	<p>-Repeat on both sides</p> <p>-Use towel to pad knees</p>
Passive Stretches & Relaxation	
<p>Sitting on dome, Forward Fold • Figure Four Stretch R • Dancer Stretch, repeat sequence other sides Slide down dome, back supported, Wind Shield Wiper legs</p> <p>Relaxation Options:</p> <ul style="list-style-type: none"> •Corpse with head and shoulders on dome •Corpse with feet on dome •Double Diamonds with head and shoulders on dome •Side Cuddle around dome 	