

# BOSU Total Body Workout

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Derived from [www.exercise.about.com](http://www.exercise.about.com) and [www.bosu.com](http://www.bosu.com)

## About the BOSU...

BOSU is an acronym that stands for “Both Sides Utilized.” It is a balance trainer that was introduced to a select number of professional and Olympic training teams in the fall of 1999. Since then, the BOSU has become known as a useful and dynamic piece of exercise equipment that is used by a vast population of exercisers. The following exercises performed with the BOSU can help you incorporate strength and stability training into your workout whether you are a Body Shop rookie, veteran, or in between. Try them out!

## Keep in mind...

- Maintain good posture when performing exercises on the BOSU...it is normal to feel unstable
- Start with basic exercises and advance when you feel comfortable
- Add a contact point such as a wall or chair when starting out for balance support
- Be creative! Many exercises can be modified by adding the BOSU trainer
- Ask the Body Shop Staff for additional exercise ideas!

## Upper Body Exercises

### PUSH UPS



With dome side down, hold onto the BOSU on both sides in push-up position, starting on the knees for a more basic move and the toes for a more advanced exercise. Keep the body straight as you bend the elbows and lower your chest towards the BOSU. Push back up to start position with your arms straight and repeat.

### ONE-ARM DUMBBELL ROW W/ TRICEP EXTENSION



Kneel with right knee on the dome and bend over placing the hands flat on the floor directly under the shoulders and extending the left leg out straight from the hip. Grab a dumbbell with the right hand and pull the weight up towards the ceiling, bending the elbow to 90 degrees with the upper arm parallel to the floor. From here, keep the shoulder and elbow parallel to the floor and extend the arm so the wrist comes in line with the shoulder and elbow. Bend the elbow back in to 90 degrees and lower the hand back to start position and repeat.

## Core Exercises

### V-UPS



Sit on the dome with the hips slightly forward and place your hands behind you. Bring the legs straight out in front of you and rest the feet on the floor. In one movement, lift the hands and pull the knees in to resemble a V position. Your torso should lean back naturally to help you maintain your balance. Hold this position for a few seconds and then extend the legs back out. Repeat!

## PLANKS



Place the BOSU with the dome side down. Get into push-up position with the knees on the floor for a more basic exercise and the legs extended with the toes on the floor for a more advanced exercise. Place one hand on each side of the BOSU with the arms extended and in line with the shoulders. Be sure to keep the hips in line with the ankles and toes. Squeeze the abs and breathe normally holding the position for 30-45 seconds and repeat.

## BACK EXTENSION



Lie prone with hips placed slightly behind the dome. Rest your chin on your hands and keep legs together. Lift the upper and lower body up by squeezing your glutes, thighs, abs, and low back. Hold the position for a couple seconds, return to the start position, and repeat.

## Lower Body Exercises

### SQUAT W/ OVERHEAD PRESS



Position hands with dumbbells slightly above the shoulders and stand on the dome. Lower your body down into squat position (with knees behind toes), and as you return to a standing position, extend the arms overhead. Return the hands to start position and repeat.

### LUNGE W/ BICEP CURL



Start a couple feet from away from the BOSU. With a dumbbell in each hand and your arms by your side, step forward into a lunge and set the foot on top of the dome (be sure to keep the knee behind the toes). As you lower your knees further into the lunge, keep the elbows at your sides and pull the weights in toward the shoulders. Slowly raise the weights back down and return the feet to start position. Switch legs and repeat.

### HAMSTRING TILT



Position the BOSU with the dome side on the floor. Lie flat on your back, bend your knees and place your feet flat on the center of the BOSU platform. Extend the hips and lift them a few inches off the floor. Maintain this body position while you tilt the platform forward and back. Repeat for 30-45 seconds.